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HEIRLOOMS

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AUGUST 2021

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Jeanne Chan  
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RELAX & RESET

# AUGUST



“Sometimes the most important thing in a whole day  
is the rest we take between two deep breaths.”

ETTY HILLESUM, *AN INTERRUPTED LIFE: THE DIARIES OF ETTY HILLESUM, 1941-1943*

AUGUST / RELAX & RESET

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# Rethinking Your Pet's Plate

Real, raw nutrition can transform your dog or cat and unlock their potential to thrive. Learn how simple dietary changes can lead to a healthier, happier pet.

*Hint: It all starts with raw.*

**RAW MEANS  
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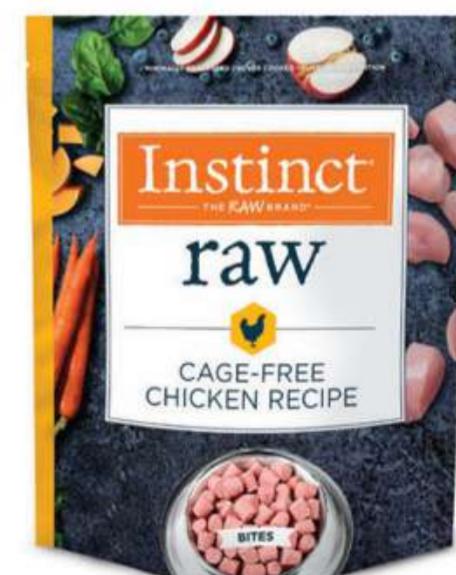
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OPTIONS**

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**REAL SIMPLE  
HOME**

EDITOR'S NOTE

## Back to Work with My 12-Year-Old Liz Bag



**T**HE YEAR WAS 2009, and I decided to walk the several blocks from Rockefeller Center, where I'd had the most lovely experience doing a *Today* show segment, to my office in Midtown. It was a warm August morning, and stores were just opening. I was weaving my way past Saks Fifth Avenue when I did something I had never done before, haven't done since, and had no business doing then. I saw a handbag in the window. It was a "Liz bag" in form and function, in shape and texture, from vibe to versatility. Knowing that the price would knock me out but that this was a timeless style I'd love forever, I walked straight to the handbag department—thinking, "I am going to buy this bag, aren't I?"—and bought her.

I am this way about fashion, always decisive when it comes to key pieces. I dislike shopping, and I dislike deciding what to wear even more. My work uniform is simple, and when I find a good pair of shoes, I wear them until I can't resole them one more time. Then I buy the same brand and style again. (Looking at you,

\$80 beige platform heels.) I am not a browser. When it looks and feels right and is well made, I do not waver and I never regret. This is how it went with my prom dress, my first two Ann Taylor work suits, and a black leather blazer from Cole Haan that instantly upgrades every dress I own.

But this bag was criminally expensive—its-own-window-at-Saks kind of expensive. Buying this bag went against every part of my Midwestern, balance-your-checkbook-to-the-penny upbringing.

And yet. It was a satchel with silver hardware (classic Liz) and crystal studs (edgy Liz), made from a thick vintage leather that would only look better with age. All the right pockets, just the perfect arm hang, and indestructible.

Except for the high-heat months of July and August, I have carried this bag on my right forearm every day for 12 years. From the boardroom to the grocery store to the office, it goes everywhere, accepting its compliments and giving me put-together-plus-some energy. I haven't bought another handbag since that day, and I don't plan to.

During pandemic times, I switched to wearing a fanny pack around the house, taking it off only to shower and sleep. But the Liz bag hung on her hook throughout, awaiting the day I needed her. Now that I'm back to work, so is she. Ready for another decade-plus of business.

XO  
LJ.

**TOTES? THAT'S A DIFFERENT STORY.**

To real-feel a carryall, I suggest walking through an airport. I recently swapped out my longtime go-to travel bag for the **REAL SIMPLE** tote. During the design phase, I chimed in about all the persnickety things—weight and size, sure, but also intuitive slots, and straps that aren't so thin they cut into shoulders or so wide they look unfashionable. Then those straps actually had to—and this is important—not slide off my shoulder. On a recent business trip, I was stopped in the Delta terminal at JFK by no fewer than four women, all admiring my bag's size, texture, and pockets aplenty. I was happy to tell them to head to [realsimple.com/handbags](https://realsimple.com/handbags) to see the full line, available to buy through QVC.



Let's connect! Follow me on Instagram at [@LizVaccariello](https://www.instagram.com/LizVaccariello).



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What's  
your morning  
hack for a  
productive  
day?



"I keep a batch of crepe batter in the fridge for a quick, yummy breakfast."



"I shower, get dressed, style my hair, and treat each day as if I'm heading to an office."



"I raise all the shades to let the sun in. Something about that turns my brain on and motivates me to start my day."



"Regardless of whether I'm going outside, getting dressed and doing a light makeup routine helps give me a sense of purpose and productivity."

# REAL SIMPLE



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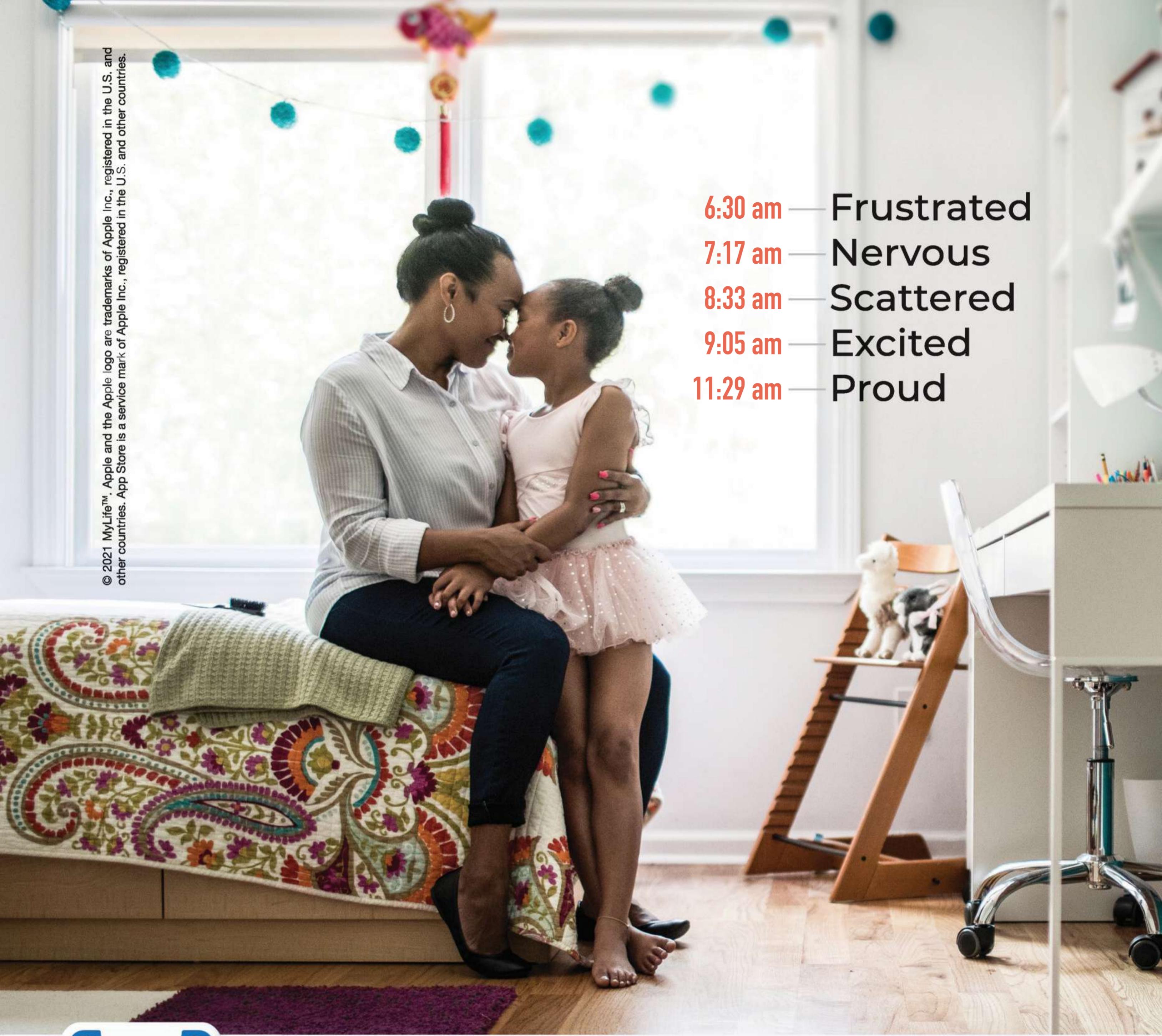
"My morning hack is to have headphones and iPhones charged!"



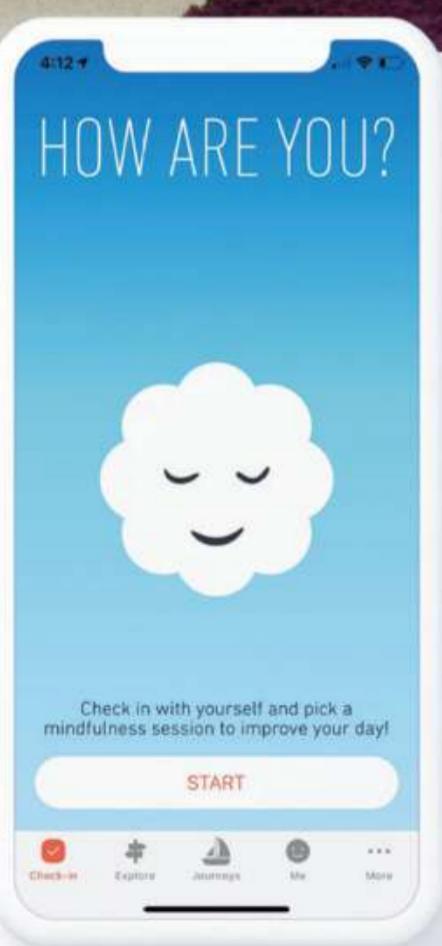
"While drinking my first Diet Coke of the day, I write a to-do list of tasks, errands, and calls to make."



"Fifteen minutes of yoga and a priority list."



6:30 am — Frustrated  
7:17 am — Nervous  
8:33 am — Scattered  
9:05 am — Excited  
11:29 am — Proud



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# REAL SIMPLE Everywhere Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day



## BEHIND THE SCENES

### Meg Cabot

@officialmegcabot

#### Daily uniform:

Lounge pants, tank top, big cardigan, and fuzzy slippers.

#### Describe your perfect afternoon:

Floating on a raft in the pool, reading, while someone else prepares me delicious meals.

#### Personal motto:

“Never tell me the odds,” Han Solo’s line.

#### One book you don’t tire of reading:

I love *Cold Comfort Farm* by Stella Gibbons.

#### Read Meg’s essay about her love for elderly cats on page 32.



## IN YOUR WALLET

### We Found It & You Save

Score a discount on the umbrella featured on page 28. Get 15 percent off sitewide at [bluntumbrellas.com](http://bluntumbrellas.com) by using the code REALSIMPLE15 at checkout. Offer valid 7/13/21 to 8/13/21.

## ON THE WEB

### 30-Plus Memorable Host Gifts

A bottle of white is nice, but what about a present they’ll truly love that will last? Offer one of these games, cheese boards, or drink chillers and you’re guaranteed an invite to the next dinner party. Find something special at [realsimple.com/hostgifts](http://realsimple.com/hostgifts).



## IN THE KITCHEN

### 25 Fast, Healthy Breakfast Ideas

Streamline your morning routine with simple breakfast recipes that call for minimal prep and deliver maximum flavor. For a gallery of energy-boosting dishes, go to [realsimple.com/morning-meals](http://realsimple.com/morning-meals).

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YOUR WORDS

# What Family Ritual That Started This Past Year Do You Hope Will Continue Forever?

## Friday martinis in my new she shed.

JAMELYN GILLIAM,  
CHARLOTTESVILLE, VIRGINIA

#RSLOVE

Our long daily walks—rain or shine. We've never had more appreciation for quality time together and for the beauty of nature. We hope to never take them for granted. @STEPHANIESHAUL



For sharing this photo with us, @stephanieshaul will receive our special edition, *The Power of Less*. If you want your picture to be considered, tag photos on Instagram with #rslove.

### Curbside pickup!

Everything from makeup to drugstore items to groceries. It allows me to shop less and spend more time at home. Bonus: It totally eliminates impulse purchases.

CAROL TYSON,  
BOOTHWYN,  
PENNSYLVANIA

When the quarantine began, I started playing piano and singing my favorite old hymns for about 15 minutes just before bedtime. My husband and I found it very calming, and we have continued the practice.

MILDRED BENSON,  
OAK PARK, ILLINOIS

**Zooming with my far-flung sisters.**

England, Vegas, Napa, Brooklyn—we spent every Saturday together for the first time in our adult lives.

NANCY CROSS SHIMMEL,  
BROOKLYN, NEW YORK

**Our family loves to play pickleball.** We purchased a portable but sturdy pickleball net online. Using sidewalk chalk, we measured a regulation court on our cul-de-sac and started playing family tournaments. We plan to continue and invite friends to join us.

LISA SAUNDERS,  
IRVINE, CALIFORNIA

**The New York Times Sunday crossword puzzle** and caffeine.

Coffee, matcha, Coke Zero—we're equal-opportunity caffeine consumers.

KATHY MORGAN,  
HERSHEY, PENNSYLVANIA

**My daughter-in-law and I share photos** of all the new recipes we've tried over the past year. It's fun to see the real-life finished product.

PAM KIMBALL,  
SMYRNA, DELAWARE

**We started a group text with our four grown children** and their spouses to let everyone know when the weekly Zoom call game night would be. My daughter-in-law named the group "Fam Jam." We still use this group to communicate family news and pictures.

DENISE WILLIAMS,  
MACUNGIE,  
PENNSYLVANIA

**My husband and I have had "coffee time"** after breakfast. We start with an expression of gratitude, then talk about the news and our plans for the day.

ELLEN JO LJUNG,  
GENEVA, ILLINOIS

**For the month of October, we watched one scary movie each night,** then on Halloween we had an awards show called the Scaries. Since movies are a family favorite, this was a great way to celebrate and connect during quarantine.

© @CCASTRO\_31

#### NEXT QUESTION

##### **Who would you like to write a thank-you note to, and why?**

Send an email to [yourwords@realsimple.com](mailto:yourwords@realsimple.com) and let us know your answer to this question. Your response could appear on these pages.

#### **Weekend walks**

**in the woods.** With playgrounds and indoor activities closed, we tried to visit all the nearby forest preserves, and we enjoyed our walks immensely.

CAITLIN ZINSSER,  
OAK PARK, ILLINOIS

**My two 20-something daughters came home for a few months** last spring. They both like to cook and like the show *Chopped*. I collected ingredients I wanted to use up and made surprise "baskets." They each made an entrée and a dessert. My husband and I judged the results.

SUSAN NICHOLAS,  
SCOTTSDALE, ARIZONA



#### READER OF THE MONTH

##### **Edwina Owens Elliott**

FASHION ILLUSTRATOR  
AND AUTHOR  
ATLANTA

##### **What family ritual that started this past year do you hope will continue forever?**

Working on jigsaw puzzles together.

##### **What's always in your car?**

Hand sanitizer, my big blue Ikea shopping bag, and copies of my book, *Winona, Inc.* You never know when the opportunity to make a sale might present itself.

##### **Home is where...**

My husband, Phillip, is. We've been married for 26 years.

##### **What would you sing at karaoke night?**

"Sweet Dreams" by Patsy Cline.

##### **The book you could read again and again:**

*I Know Why the Caged Bird Sings* by Maya Angelou.

##### **What is the coziest thing in your home?**

My den. I've finally got it just the way I want it.

##### **The simplest part of your life:**

Waking up every morning knowing exactly what I'll be working on. There's nothing better than being in control of your day.



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# DELIGHTS

WE'RE LOVING

## Pet Personalization

We adore them, we pamper them, we treat them as part of the family. So why not flaunt some gear customized with their likeness?

BY CAT DASH

### YOUR HEART ON YOUR SLEEVE

These patches have earned their Etsy maker a plethora of five-star reviews. Choose an iron-on or Velcro version.

**TO BUY:** Custom Pet Patches, from \$28; [thepawfectpatch.etsy.com](http://thepawfectpatch.etsy.com).



PROP STYLING BY STEPHANIE YEH



Check out all the pet portraits on Etsy for a range of artistic styles by other makers.

#### 1 SLEEPY SPOT

The big, padded sides make this round bed extra cozy for dogs who like to curl up and rest their chin.

**TO BUY:** Jax & Bones Dog Donut Bed, from \$99; [markandgraham.com](http://markandgraham.com).

#### 2 CHARMING ACCESSORY

This brass tag has room for a name and cute icons on the front, and your phone number on the back.

**TO BUY:** The Woodstock Pet ID Tag, \$25; [theblink.shop](http://theblink.shop).

#### 3 PROFILE PICK

Immortalize your BFF's silhouette with a custom print, available in nine colors.

**TO BUY:** Tone on Tone Silhouette, from \$58; [minted.com](http://minted.com).

#### 4 MEANINGFUL PAWS

Use this kit to create an imprint of Fido's paw in air-drying clay. Then display it next to his best headshot in the accompanying frame.

**TO BUY:** Pawprints Desk Frame, \$20; [pearhead.com](http://pearhead.com).

#### 5 CALLING ALL ANIMAL LOVERS

Select an emoji of your dog's breed, then have it printed on a phone case.

**TO BUY:** Rays Personalized Phone Case, \$30; [yappy.com](http://yappy.com).

#### 6 A MUG OF YOUR PUG

Sipping a beverage from a cup emblazoned with your pal's face—now that's a great way to start the day.

**TO BUY:** Custom Pet Portrait Mug, from \$42; [kitatlas.etsy.com](http://kitatlas.etsy.com).

#### 7 A WORK OF ARF

Commission illustrator Faye Moorhouse to do a quirky representation of your beloved pet. **TO BUY:** Custom Pet Portrait, from \$344; [fayemoorhouse.co.uk](http://fayemoorhouse.co.uk).

#### 8 WORD PLAY

Adorn this durable nylon leash with up to 23 embroidered characters—a name, a number, a favorite command. **TO BUY:** Personalized Pet Leash, \$25; [llbean.com](http://llbean.com).



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# The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

## Book Club Winner

It's 2016, and Samantha Raymond, a 52-year-old married suburban mom, can no longer ignore the pull she feels to change her life. So when she sees a gorgeous but nearly condemned old house in a tougher neighborhood, she buys it, blindsiding her family. Then she begins to do what she hasn't done in so many years: live completely on her own terms. Dana Spiotta's *Wayward* is a funny, clever, and thought-provoking portrayal of the complexity of mid-life in today's America.

## Family Portrait

Author Julie Klam grew up captivated by the stories she heard about her grandmother's cousins, the Morris sisters. They never married or had kids, and they lived wildly independent lives in New York City and amassed a fortune. But when Klam researched their history, she found that the lore was actually all wrong. In *The Almost Legendary Morris Sisters*, Klam reveals how digging into our ancestries teaches valuable lessons about not just our relatives, but ourselves.

## Stirring Read

*Intimacies* by Katie Kitamura is just under 250 pages but packs a powerful punch. Beautifully written and mysterious, it's told from the point of view of a young American woman who works as an interpreter for an accused war criminal at the World Court in the Hague. As she navigates complicated new relationships in her personal life, the book's intensity quietly, hauntingly builds, resulting in a fascinating story that literary fiction lovers will devour.

## Groundbreaking Novel

In the aptly named *Hell of a Book*, Jason Mott's propulsive fourth novel, we meet a hugely successful author on a cross-country book tour, a young boy living in a small town, and the Kid—a possibly imaginary child who pops up throughout the author's travels. These characters' stories converge in unexpected ways to produce a timely look at race, police violence, and so much more.

## Moving Memoir

Deborah Copaken, the best-selling author of *Shutterbabe*, has been through it: seven major illnesses, a divorce, parenting worries, financial struggles, even an FBI interrogation. In her new memoir, *Ladyparts*, she details all that and more with her usual remarkable candor. Equal parts heart-breaking and hilarious, this is a fierce, inspiring illustration of everything women can bear.





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1

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Repair a frayed wire, seal a leaky faucet, even hang a lightweight frame with this waterproof silicone glue. Just stick it on, shape it, and let it set.

Dishwasher safe. **TO BUY:** Mouldable Glue by Tesa, \$17 for 8; [sugru.com](http://sugru.com).

A swiveling carabiner keeps the leash free of twists and tangles.



4

**DOG RUN TO GO**

At the campground or park, let your pooch roam—while still tethered. Set up this dog run between two trees and click the carabiner onto Rover's leash. **TO BUY:** Knot-a-Hitch, \$60; [ruffwear.com](http://ruffwear.com).



2

**BETTER THAN BAREFOOT**

It's a sock! It's a slipper! It's never coming off your sore feet! These peds hug your arches and mold to your feet thanks to grippy rubber soles.

**TO BUY:** Parasole 3D Recovery Socks, from \$49; [flykytin.com](http://flykytin.com).



3

**NO JEWELRY JUMBLE**

Tuck one end of a necklace into the felt slit, wrap the chain around the center, and secure the other end. Great for travel or just tossing into a gym bag.

**TO BUY:** Tavvi Necklace Wrangler, \$12 for 3; [necklacewrangler.com](http://necklacewrangler.com).

## Clever Items Little Helpers to Make Your Life Easier

BY BRANDI BROXSON



5

**DYNAMIC DUO**

In this sustainable set, the colander nests inside the roomy mixing bowl, whose handle doubles as a spout. **TO BUY:** Recycled Bamboo Colander and Pour Bowl Set, \$39; [food52.com](http://food52.com).



6

**IF YOU LIKE PIÑA COLADAS**

Insert this bladed tool in a pineapple's core and twist, twist, twist down through the flesh. Then pull it up and out to reveal perfectly sliced spirals. **TO BUY:** Twist 'n Core Pineapple Corer, \$15; [chefn.com](http://chefn.com).

# The first trash bag worthy of a smile.

Glad Beachside Breeze

fig. 1



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GENIUS BEAUTY

## Puff Piece

Plus seven other beauty buys to simplify your routine

BY HEATHER MUIR MAFFEI



### MEGABABE BODY DUST AND DUST PUFF

Stop sweat in sop-prone spots (pits, boobs, thighs) with a sprinkle of the talc-free powder. Cornstarch absorbs wetness, lavender nixes bacteria, and chamomile calms itchiness. Simply shake on the powder, or use the cloud-like fleece to feel pampered. **TO BUY:** \$20 for Body Dust, \$18 for Dust Puff; [megababebeauty.com](http://megababebeauty.com).

**1 SMARTER SUDS****PLUS BODY WASH IN WAVES**

In the shower, wet the foam sheet for a single dose of rich body wash. Then drop the packaging near the drain and watch it dissolve. A zero-waste cleanse!

**TO BUY:** \$16.50 for 16; [cleanwith.plus](http://cleanwith.plus).



Toss these into your suitcase or gym bag to save space and reduce waste.



2



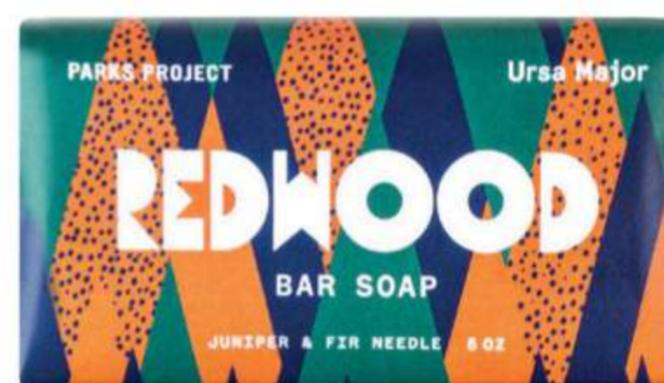
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4



5



6



7

**4 ZIT CLEARER****RENÉE ROULEAU RAPID RESPONSE DETOX MASKNE SPRAY**

Spritz onto skin before putting on the good ol' mask—tea tree oil and lactic acid keep breakouts at bay.

**TO BUY:** \$16.50; [reneerouleau.com](http://reneerouleau.com).

**5 BAR RAISER****URSA MAJOR X PARKS PROJECT**

Packed with essences of plants native to each locale, these transport you to your fave national parks. Sales support the National Parks Conservation Association.

**TO BUY:** \$40 for 3; [ursamajorvt.com](http://ursamajorvt.com).

**6 BRUSH CLEANER****SIGMA SWITCH**

You know you *should* wash your brushes, but what a soggy hassle! This silicone mat lets you clean them in an instant, with a simple swipe across the powder-gripping nubs. **TO BUY:** \$19; [sigmabeauty.com](http://sigmabeauty.com).

**7 BETTER BLUSH****DRUNK ELEPHANT O-BLOOS ROSI DROPS**

Dab a few drops onto cheeks for a peachy golden glow. Bonus: The liquid formula doesn't settle into fine lines the way powder blush can. **TO BUY:** \$36; [sephora.com](http://sephora.com).

SPACE OF THE MONTH

## A Garage That Switches Gears

This chameleon of a detached space can be a home gym, a teen hangout hideaway, and—every once in a while—a parking spot.

BY STEPHANIE SISCO





## Meet the Owner KARRI BOWEN-POOLE

**A former teacher and the owner of Smart Playrooms, a design service in Rye, New York, Karri transformed her underused detached garage into a family-friendly gym and play space. Her three kids range in age from 12 to 25, so the area had to be flexible enough to suit everyone's needs—and still leave room for the car on the few occasions that called for parking out of the elements.**



## Get the Look

### MAKE IT COMFORTABLE

When the kids need to study, the low, plush cushions are far more inviting than desk chairs. A vinyl mat provides the same softness underfoot as a rug, but it's easier to keep clean—especially when the doors are open. A coat of white paint freshened up the entire space.

### USE EVERY SURFACE

To allow room for the car (or a yoga mat), Karri added hooks for storing sports gear, monkey bars for climbing to the loft bed, and clips for hanging interchangeable equipment, like a swing or punching bag.

### LEAVE ROOM TO GROW

By making the space easy to adjust, Karri ensured it would meet the family's needs now and in the future. She's also helping her youngest practice independence at a safe distance. "I organized the walls so my 12-year-old and her friends can access whatever they want, but without my help," she explains.

**TO BUY:** 21 Sandstone Steep Wall Feet in Assorted Bright Tones #1, \$71; atomik climbingholds.com. Round Ball Claw, \$10; container store.com. Antelope + Stripe Reversible Mat, \$179; wander-and-roam.com. B4Adventure Sky Swing, \$80; dickssportinggoods.com. Mellow Yellow Monkey Bars, \$175 for 5; smartd2playrooms.com. Store Your Board Trifecta Rack, \$22; containerstore.com. Washed Corduroy Floor Pillows, \$49 each; urbanoutfitters.com. Everlast Nevatear Punching Bag, \$88; target.com.

WE FOUND IT!

# An Umbrella for the Long Haul

BY RACHEL SYLVESTER  
REAL SIMPLE  
Senior Editor



When I think back on a decade spent commuting to work, I shudder to recall all the flimsy umbrellas I've bought, used a handful of times, and left in crumpled, broken heaps in Manhattan trash cans.

So it felt like the skies parted when I came upon Blunt's Metro umbrella, which keeps me bone-dry in rain, sleet, and snow without hogging too much sidewalk space. The eye-catching shades, like poppy and mint, mean you'll likely never walk out of a party with someone else's boring black brolly—and you can march cheerfully past those trash can graveyards for years to come.



## KITCHEN HERO

## DILL PICKLE RELISH

A hot dog is simply not a hot dog without a stripe of this tangy topper, and a juicy burger reaches new heights of yumminess with a spoonful under the bun. But don't restrict relish to cookout condiment duty. Whisk it into a vinaigrette for zesty oomph or add it to chile poppers for the perfect amount of pucker. You can even stir it into corn muffins, as a sidekick to pulled pork or a spunky addition to your brunch spread.



## Quick Ideas

TOMATO SALAD  
WITH PICKLE RELISH  
VINAIGRETTE

Whisk  $\frac{1}{3}$  cup dill pickle relish,  $\frac{1}{4}$  cup olive oil, 1 Tbsp. lemon juice, 1 tsp. honey,  $\frac{1}{2}$  tsp. smoked paprika, and  $\frac{1}{4}$  tsp. each kosher salt and black pepper. Arrange  $1\frac{1}{2}$  lb. sliced heirloom tomatoes and 1 cup thinly sliced English cucumbers on a platter; drizzle with vinaigrette. Sprinkle with  $\frac{1}{3}$  cup torn basil and dill. Season with flaky sea salt, if desired.

## PICKLE RELISH POPPERS

Stir  $1\frac{1}{2}$  cups shredded Swiss cheese, 4 oz. softened cream cheese, 1 egg yolk,  $\frac{3}{4}$  cup drained dill pickle relish,  $\frac{1}{3}$  cup diced cooked ham, and  $\frac{1}{2}$  tsp. kosher salt. Spoon filling into 24 large, seeded jalapeño halves. Place on a lightly greased foil-lined baking sheet and bake at  $375^{\circ}\text{F}$  until tender and browned, about 27 minutes.

PICKLE RELISH  
CORN MUFFINS

Combine 1 (15 oz.) pkg. cornbread mix,  $1\frac{1}{4}$  cups dill pickle relish,  $\frac{2}{3}$  cup whole milk, 1 large egg,  $\frac{1}{2}$  cup grated Parmesan,  $\frac{1}{3}$  cup melted butter, 1 tsp. garlic powder,  $\frac{3}{4}$  tsp. crushed red pepper,  $\frac{1}{2}$  tsp. baking powder, and  $\frac{1}{4}$  tsp. kosher salt. Spoon batter into a lightly greased 12-cup muffin pan. Bake at  $400^{\circ}\text{F}$  until golden brown around edges, about 20 minutes. Let cool for 5 minutes.

By Jenna Helwig  
Recipes by Liz Mervosh



## MY SIMPLE REALIZATION

## “It’s Better to Be Happy for a Little While Than Unhappy Forever”

**Everyone wants a kitten, no one wants a cat—unless you’re MEG CABOT, and susceptible to falling hard for elderly felines.**

**WHEN MY HUSBAND** and I first moved to the Florida Keys, we intended to spend only the winter months there. The rest of the year, we would travel in Europe and go to shows in New York City.

Or so we thought.

One day, as we were renovating our house, a little black-and-white cat showed up. Stray cats are everywhere in Key West, ever since Ernest Hemingway was gifted a six-toed cat in the 1930s, as the story goes. Its descendants have roamed the island freely, cared for by kindly cat lovers.

But the one who showed up at our door didn’t seem to have anyone to care for her. She was skinny but affectionate. Soon my husband was calling her Gem (because she was such a little jewel).

Obviously we put off our plans to travel. We couldn’t go anywhere, because Gem needed us.

She stuck by our side for 10 years, until she passed away of old age. We were heartbroken—but then we thought, “Well, at least we’ll be able to travel now.” We booked trips everywhere, staying for months in Paris, Denmark, and Manhattan.

Though we had a lot of fun, without a warm, affectionate cat to return to, the house in Key West seemed empty and cold. We both felt a little rudderless in our lives, and even a little depressed.

That’s when a friend spotted a skinny black-and-white cat at the SPCA who seemed a lot like Gem. Even though “Allie” was affectionate and sweet, she’d been waiting for years to be adopted. No one wanted her, because she was an older cat—over 10—and she had some health problems.

We were torn. Allie was adorable, but we didn’t want to risk breaking our hearts over another pet that might die soon. Then one day, while I was getting my highlights done, my hairstylist asked, “Isn’t it better to be happy for a little while than unhappy forever?”

It was a total light bulb moment. We had been so happy with Gem and were so unhappy without her. Wouldn’t even a few more happy days be worth it?

So we raced to the SPCA to rescue Allie. With a little veterinary care and lots of good food and love, all her health problems disappeared. That was five years ago, and we’re still deliriously happy staying home with our new little gem. ■

MEG CABOT IS THE BEST-SELLING AUTHOR OF MORE THAN 80 BOOKS FOR ADULTS AND TEENAGERS, INCLUDING *THE PRINCESS DIARIES* AND THE FORTHCOMING *NO WORDS* (SEPTEMBER 2021).

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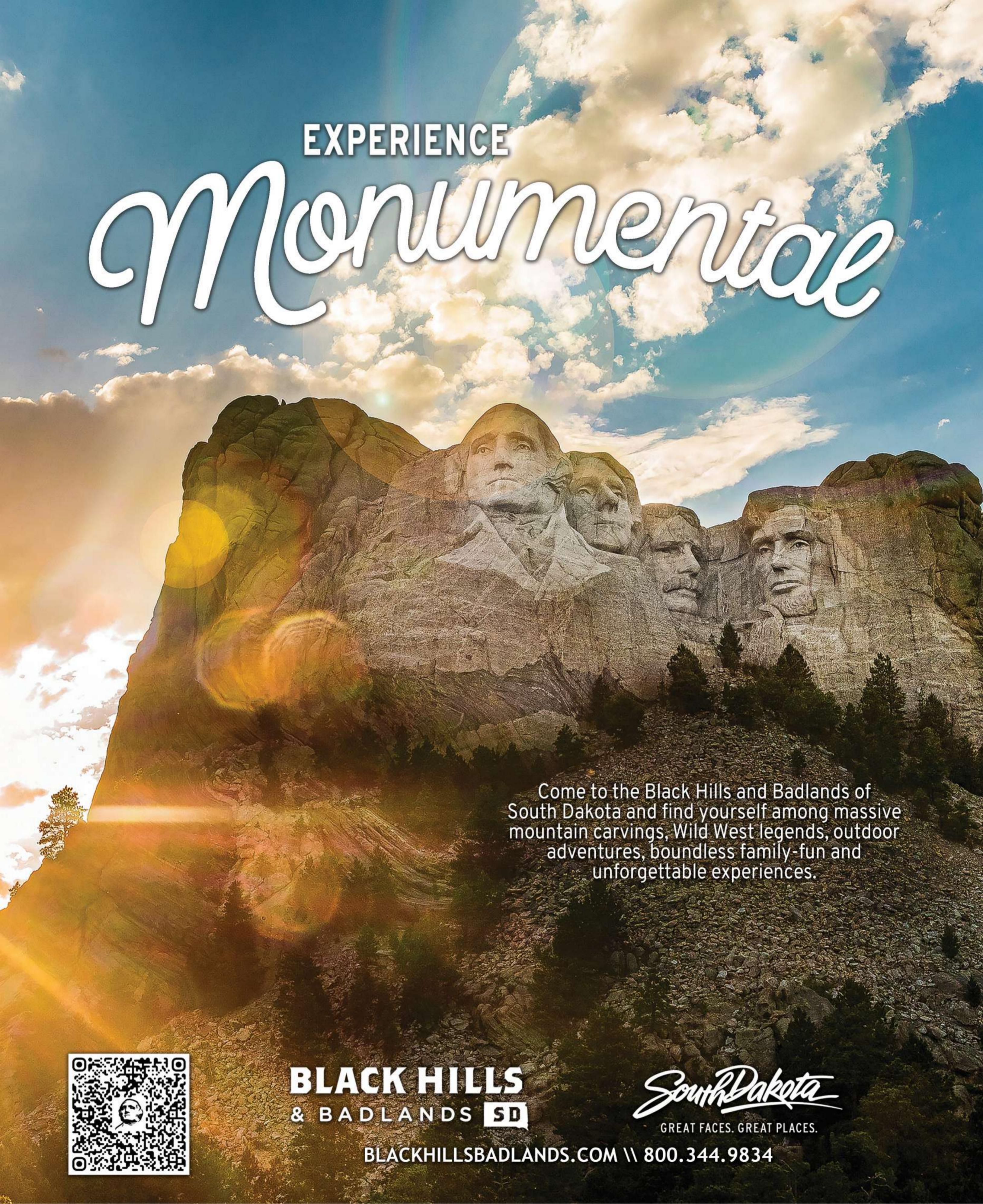
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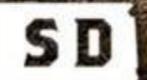
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# GUIDES



SIMPLE TWIST

## A Swimsuit-Saving Rinse

To help your suit keep its color and shape all summer long, give it some TLC after a day at the pool, says Ajoy K. Sarkar, professor of textile development and marketing at the Fashion Institute of Technology. Fill your sink with cool water, mix in two to three tablespoons of white vinegar, and place your (rinsed and dried) suit in the solution for 45 minutes to an hour. Then rinse and let air-dry. Swimwear fabric dye is acidic, so adding a bit more acid (in the form of vinegar) creates an extra layer of protection against chlorine, UV rays, and sunscreen. When you're in the market for a new swimsuit, look for one made with Lycra Xtra Life, which Sarkar says is 5 to 10 times more resistant to stretching. So long, saggy suits!

—Martha Upton

## THINGS COOKS KNOW

## Pucker Up

Don't overlook acid in your quest for better dishes. Experts share the many ways it boosts deliciousness.

BY JENNA HELWIG



## TART SMARTS

A tall glass of lemonade, pickles on a burger, subtly tangy sourdough bread: These all have one thing in common (aside from being tasty). They boast a hit of acid—to balance out sweetness, cut through fat, or liven up flavor. Acid usually doesn't make foods taste sour, says Jeremy Rock Smith, executive chef at Kripalu Center for Yoga & Health in Stockbridge, Massachusetts. "It brings brightness to a dish and makes the flavors stand out."

## WITH VEGETABLES AND SALADS

"When I season a dish, acid is almost always the 'What's missing?' ingredient," Smith says. "The sweetness of a roasted beet is intensified by a splash of vinegar, while lime cuts the flatness of a veggie curry." Ingredients like olives, capers, and fresh cheese are also acidic and will add zip to your vegetable sides or salads.

## WITH MEAT AND POULTRY

"The acid in a marinade helps relax the proteins in meat, which makes it more tender," says Smith, author of *The Kripalu Kitchen*. To create your own marinade, combine equal parts oil and acid (such as citrus juice, vinegar, or yogurt), then add kosher salt or soy sauce. Don't marinate anything for more than 10 hours, though, or the acid may make the meat tough or sometimes mushy. When braising, Smith likes to incorporate acids like a splash of wine or a spoonful of tomato paste. "It helps make meat easier to chew and digest by breaking down collagen, which is abundant in tougher cuts."

## ON THE PLATE

Consider how to balance acid throughout your meal, not just in each recipe. Cranberry sauce at Thanksgiving, for example, is an essential bright spot in a sea of richness. If you're sitting down to eat and realize your plate needs more pop, sprinkle on some lemon zest, drizzle on a little hot sauce, or spoon on some salsa or chutney. A simple salad of brightly dressed lettuce can also provide that kick.

## IN BAKING

"Acids do three main things in baking," says Posie Brien, editor of *The All-Purpose Baker's Companion* from the King Arthur Baking Company. "They leaven baked goods, enhance flavor, and create tenderness by counterbalancing dough-toughening gluten." This is one reason you see buttermilk in so many baking recipes.



## IN SWEETS

Acidic dairy products, like cream cheese, yogurt, and sour cream, balance out sugary frostings and whipped cream. "Tartness is an ideal foil for sweetness—it makes desserts less cloying and more complex," Brien says. The same goes for fruit: Think of a classic combo like strawberries and balsamic or watermelon and lime. ■

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HEALTHY AT HOME

## The Medicine Chest Refresh

**Make time for some shelf care! Here's how doctors recommend you stock your medicine cabinet, depending on your needs.**

BY JENNIFER KING LINDLEY

**DOES THIS SOUND FAMILIAR?** You scrape your knee and limp to the medicine cabinet, only to find a desiccated tube of antibiotic cream, its expiration date written in the hieroglyphics of a long-ago civilization. Regularly refreshing the contents of your medicine cabinet can keep you and your family prepared for life's small emergencies. And as your circumstances change, so should your stash. (If your baby is now a freshman, it's time to toss that booger bulb.) Doctors share the essentials everyone should have, plus items for three kinds of families—the on-the-go sporty crew, households with young children, and empty nesters—so you'll always be well supplied.



## Start Here

### Every home should have these basics.

**ACETAMINOPHEN** A good first choice for treating headaches, pain, and fever because it's gentler on the stomach than ibuprofen. Tylenol is the well-known brand.

**IBUPROFEN** Sold under such brand names as Motrin and Advil, it can be used by family members 6 months of age and older. "It's a nonsteroidal anti-inflammatory drug, or NSAID, so it can be a better option when there's swelling, such as after a sprain, or for teething," says Katherine Williamson, MD, a pediatrician in Ladera Ranch, California.

**SALINE NASAL DROPS, RINSE, OR SPRAY** For nasal congestion, our experts like medical-grade salt water. "The best way to clean out passages is by irrigating them with a saline solution," Williamson says.

**HONEY** To combat a cough in anyone older than 2, our doctors advise turning to the pantry instead of the medicine cabinet. "Honey coats the throat," Williamson says. If eating straight from the spoon is too much, stir it into warm water and sip. Susan Duffy, MD, MPH, professor of emergency medicine and pediatrics at Brown University's Warren Alpert Medical School, says many families like a drugstore option: Zarbee's Naturals, which features honey as the main ingredient.

**DIPHENHYDRAMINE (LIKE BENADRYL)** "This can literally be a lifesaver if someone has an allergic reaction to a food or sting," Duffy says. "No home should be without it." Though liquid is quickest acting, you can also keep pills or chewables on hand for calming hives or recovering from a visit to a friend's pet hair palace. If ongoing seasonal allergies are an issue, opt for a nondrowsy 24-hour formulation containing loratadine (like Claritin), says Indu S. Partha, MD, clinical assistant professor of internal medicine at the University of Arizona College of Medicine.

**1 PERCENT HYDROCORTISONE CREAM** Crucial for middle-of-the-night mosquito bites, this mild anti-inflammatory steroid cream is useful for treating all kinds of itchiness, as well as eczema.

**CALAMINE LOTION** Williamson is a fan of the classic pink stuff for rashes and bites. "It's kind of old-fashioned, but it works great, especially when you need to coat a good amount of surface area, as you do with poison oak or ivy," she says.

**TAKE CARE**  
Don't forget to check labels for correct dosage.

**PETROLEUM JELLY** Use this trusted all-purpose goop (Vaseline is a popular brand) to prevent and treat chafing, soothe dry skin, heal chapped lips, and ease off a stuck ring. Dry, itchy scab? Daub some on, Williamson says.

### PETROLEUM-BASED ANTIBIOTIC

**OINTMENT** Our experts agree that the best way to clean a cut is with good old soap and running water. For extra protection against infection, you can rub on a broad-spectrum antibiotic cream, like Polysporin. (Watch for irritation: In some people, antibiotic creams can cause a local allergic reaction, Duffy notes.)

**SALINE SOLUTION** Keep a big bottle around for flushing sand and other foreign particles out of eyes.

**TWEEZERS** To extract ticks and splinters, stock a sharp-tipped pair, Duffy says. (Her favorite pair has a magnifying glass and light attached.) Before each use, clean the tweezers by soaking them in rubbing alcohol for 30 seconds and letting them air-dry.

**THERMOMETER** "I'm amazed how many people don't have one at home," Duffy says. An electronic forehead model is a good all-purpose choice, though babies still need a rectal thermometer.



### If you're a jock family, add...

#### ADDITIONAL BANDAGES AND GAUZE

Every house needs bandages, but the active ones will find fun and creative ways to bleed, so stock a wider range, says Jeanne Doperak, DO, a sports medicine physician at the University of Pittsburgh Medical Center. "You might need a large gauze pad if one of your athletes slides and gets a big turf burn." (You can cut large pads down to fit smaller wounds.) For slices, butterfly bandages can close a wound and speed healing. "The goal is to keep the edges of the skin together so the body can repair itself," Duffy says.

**SELF-ADHERING WRAP** Doled out by trainers and used in emergency rooms, this next-gen bandage is a stretchy elastic roll that sticks to itself—no need for those old-school little metal prongs. "You wind it around the limb, and it keeps a big bandage or gauze in place," Doperak says. Coban is a popular brand.

**NETI POT** "I hand these out all the time to athletes before a game to help with breathing. I also suggest patients use them first thing in the morning to clear the night's congestion," Doperak says. "I joke that they'll get stuff out of there from three years ago!" Fill it with a warm saline solution and give your sinuses a rinse. (A YouTube tutorial might help you get the hang of it.)

**STEROID NASAL SPRAY** If you suffer from seasonal allergies, Doperak advises getting relief from a nasal spray such as fluticasone (e.g., Flonase). "It doesn't make you drowsy, and I like that it doesn't have whole-body side effects, like an oral medication might. As an active family with allergies, we use a lot of it."

**INSTANT ICE PACK** When there's no ice maker at the ready, break-and-shake ice packs that don't require refrigeration can be handy for injuries and stings. "Just make sure you check the expiration date once in a while," Doperak says. "If it's been sitting in your bag for a year, it may not activate."

**DICLOFENAC** Doperak loves this NSAID topical. Unlike pills, it targets its anti-inflammatory action to the site of your pain. The brand Voltaren became available over the counter last year, after more than a decade as a prescription-only treatment for arthritis pain. "It offers great relief for sprained ankles, muscle aches, and more," Doperak says.

**ANTIFUNGAL SPRAY** To avoid the annoying itch of athlete's foot, keep feet dry and clean. "I suggest always having an extra pair of dry socks ready," Doperak says. To treat it, look for the active ingredient miconazole nitrate. "I like the spray for feet, which feels less goopy in a sock than cream," Doperak adds.

**SPORTY SUNSCREEN** Choose a broad-spectrum product (meaning it protects against both aging UVA and burning UVB rays) with an SPF of at least 30. "For faces, I like one of the oil-free sunblocks, like Neutrogena," Doperak says. "It doesn't leave that greasy layer." And reapply frequently, even if your formula is water- or sweatproof. Doperak recommends starting with a lotion, which gives optimal coverage, and then touching up with a spray as the day goes on.



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### If you have toddlers or school-age kids, add...

**NASAL BULB** For littles who haven't mastered the nose blow, administer a squirt of saline, then suction it out with a nasal bulb syringe. "Humidity helps clear passages too, so it's great to do this in a warm tub," Williamson says. Nonsqueamish caregivers can opt for the NoseFrida nasal aspirator called the Snotsucker, Duffy says.

**COLLOIDAL OATMEAL** Found in brands such as Aveeno, "it's very effective at treating childhood eczema and dry, itchy skin," Duffy says. Colloidal oatmeal comes in ointments, creams, and bath packets.

### KID-FRIENDLY BANDAGES

When evaluating the legion of colors, sizes, and superheroes on the drug-store shelves, look for bandages labeled "flexible." "Your kid is going to be running around two seconds later, and you want it to stay on," Williamson says. She recommends a variety pack of different sizes.

**ZIP-TOP BAGS** To reduce swelling and pain (head bumps, toothaches, sprains), make your own ice pack. "Keep quart- and gallon-size bags on hand," Williamson says. "Throw in some ice and enough water so it's spread out over the entire area of the bag, then zip it up tight and cover it with a washcloth." Your DIY pack will mold to the injury and save you from sacrificing that \$4 bag of organic peas.

### POISON CONTROL NUMBER

Save 800-222-1222 in your phone and post the number on your fridge. "I don't recommend you keep syrup of ipecac or other products to induce vomiting," Williamson says. "You tend to do more harm than good if the child ends up aspirating what they've just swallowed."

### ELECTROLYTE REPLACEMENT

The barfing and diarrhea that come with stomach bugs, the norovirus, and other grade-school ailments are the body's effort to flush the bug. In most cases, it's better to let the symptoms run their course than treat them with antidiarrhea or antinausea medicine. The biggest concern is dehydration. Stash a bottle of electrolyte replacement, like Pedialyte, in the pantry to replenish electrolytes. (Adults can use it too.)

**SUNSCREEN** Look for a broad-spectrum product with a minimum SPF of 30, Williamson says. "The thicker the better—if it turns your kid white, then it's very effective," Williamson says. "I like the brand Babyganics. It has good coverage but is easy to wash off at the end of the day."



### If you're empty nesters, add...

**ANTACIDS** Older adults become more prone to heartburn and acid indigestion. If you overdo it on the pepperoni, Partha advises reaching for antacids, which contain either calcium carbonate (Tums) or magnesium hydroxide (Mylanta) to neutralize stomach acid. "If you have heartburn day after day, talk to your doctor about trying a daily medication to help block the production of stomach acid, such as an over-the-counter proton pump inhibitor or H2 blocker, like Pepcid or Zantac," Partha says.

**BULKING AGENTS** The best medicine for constipation is prevention—exercising, eating fruits and vegetables, drinking water. But for an occasional assist, Partha suggests a high-fiber agent like Metamucil, which features psyllium husk as the active ingredient.

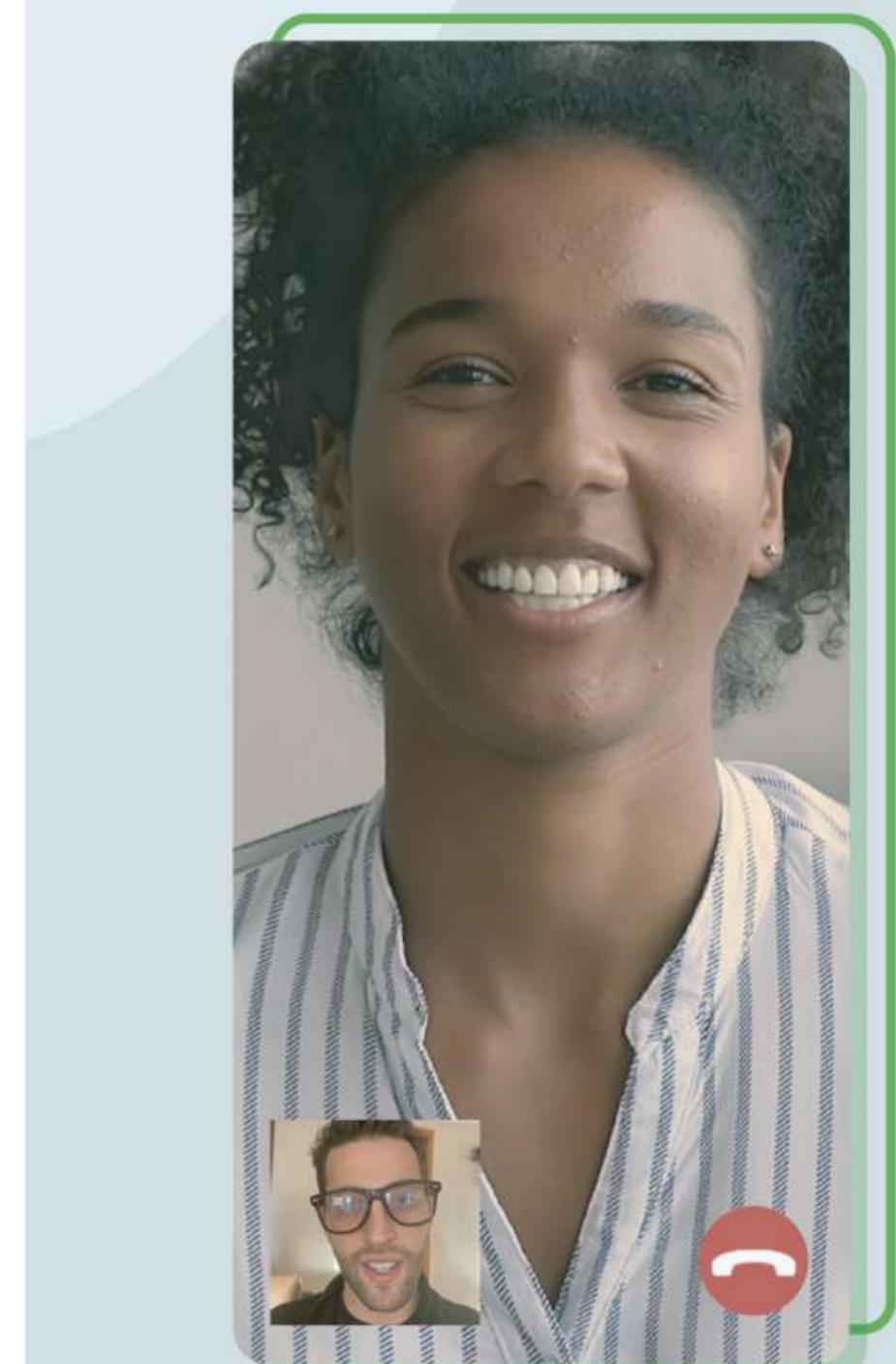
**DRY-SKIN CREAM** "Start from the inside out by drinking plenty of water," Partha says. After your shower or bath, apply moisturizing cream on damp skin. "Look for products without strong perfumes, as these additives

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For weekend-warrior strains, try a moldable, rice-filled compress that can be popped into the microwave.

might be irritating,” Partha says. “I like Vanicream because it’s good for sensitive skin.” Don’t forget the SPF 30 (or higher) daily sunscreen. “Practicing in Arizona, I see a lot of sun damage and skin cancer,” Partha says.

### PAIN-RELIEVING PATCHES

Adhesive patches are a targeted way to treat painful areas. “Salonpas patches are great for muscle aches and sore backs,” Partha says. “Menthol is an active ingredient, and they’re anti-inflammatory.”

**EYE DROPS** These are handy for soothing screen eyes. “When my eyes get dry, I find myself needing my reading glasses more frequently,” Partha says.

**DENTAL-REPAIR WAX** Losing a hunk of tooth when the dentist is closed is the stuff of nightmares. “If a chunk of filling falls out, dental wax can temporarily protect the nerve or smooth sharp corners,” Duffy says.

**HEAT COMPRESSES** For backaches, arthritis pain, and weekend-warrior strains, Partha likes a moldable, rice-filled compress that can be popped into the microwave. “You can make your own out of a small pillowcase filled with rice,” she says.

Now you’re stocked like a doc. Don’t you feel better already? ■

### OUR EXPERTS

**JEANNE DOPERAK, DO,**  
PRIMARY CARE SPORTS  
MEDICINE PHYSICIAN AT THE  
UNIVERSITY OF PITTSBURGH  
MEDICAL CENTER

**SUSAN DUFFY, MD, MPH,**  
PROFESSOR OF EMERGENCY  
MEDICINE AND PEDIATRICS AT  
THE WARREN ALPERT MEDICAL  
SCHOOL OF BROWN UNIVERSITY

**INDU S. PARTHA, MD,**  
CLINICAL ASSISTANT  
PROFESSOR OF INTERNAL  
MEDICINE AT THE UNIVERSITY OF  
ARIZONA COLLEGE OF MEDICINE

**KATHERINE WILLIAMSON, MD,**  
PEDIATRICIAN AT SOUTHERN  
ORANGE COUNTY PEDIATRIC  
ASSOCIATES IN LADERA RANCH,  
CALIFORNIA

# IT'S NATURAL TO CHECK IN ON YOUR RELAPSING MS TREATMENT ARE YOUR UNIQUE NEEDS BEING MET?



Could a once-daily pill be right for you?

Visit **myAUBAGIO.com** or  
scan here to learn more



## INDICATION

AUBAGIO® (teriflunomide) is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

## IMPORTANT SAFETY INFORMATION

### DO NOT TAKE AUBAGIO IF YOU:

- **Have severe liver problems. AUBAGIO may cause serious liver problems**, including liver failure that can be life-threatening and may require a liver transplant. Your risk may be higher if you already have liver problems or take other medicines that affect your liver. Your healthcare provider should do blood tests to check your liver within 6 months before you start AUBAGIO and monthly for 6 months after starting AUBAGIO. Tell your healthcare provider right away if you develop any of these symptoms of liver problems: nausea, vomiting, stomach pain, loss of appetite, tiredness, yellowing of your skin or whites of your eyes, or dark urine.
- **Are pregnant. AUBAGIO may harm an unborn baby.** You should have a pregnancy test before starting AUBAGIO. After stopping AUBAGIO, continue to use effective birth control until you have made sure your blood levels of AUBAGIO are lowered. If you become pregnant while taking AUBAGIO or

within 2 years after stopping, tell your healthcare provider right away and enroll in the AUBAGIO Pregnancy Registry at 1-800-745-4447, option 2.

- **Are of childbearing potential and not using effective birth control.**  
**It is not known if AUBAGIO passes into breast milk.** Your healthcare provider can help you decide if you should take AUBAGIO or breastfeed — you should not do both at the same time.  
**If you are a man whose partner plans to become pregnant,** you should stop taking AUBAGIO and talk with your healthcare provider about reducing the levels of AUBAGIO in your blood. If your partner does not plan to become pregnant, use effective birth control while taking AUBAGIO.
- **Have had an allergic reaction to AUBAGIO or a medicine called leflunomide.**
- **Take a medicine called leflunomide for rheumatoid arthritis.**  
**AUBAGIO may stay in your blood for up to 2 years after you stop taking it.** Your healthcare provider can prescribe a medicine that can remove AUBAGIO from your blood quickly.  
**Before taking AUBAGIO, talk with your healthcare provider if you have:** liver or kidney problems; a fever or infection, or if you are unable to fight infections; numbness or tingling in

Your healthcare provider will run certain tests before you start treatment. Once on AUBAGIO, your healthcare provider will monitor your liver enzyme levels monthly for the first 6 months.



Patient Portrayal

## SASHA

- Wants a once-daily pill
- Loves time with friends
- Looking for a treatment with real-world experience

your hands or feet that is different from your MS symptoms; diabetes; serious skin problems when taking other medicines; breathing problems; or high blood pressure. Your healthcare provider will check your blood cell count and TB test before you start AUBAGIO. Talk with your healthcare provider if you take or are planning to take other medicines (especially medicines for treating cancer or controlling your immune system), over-the-counter medicines, vitamins or herbal supplements.

**AUBAGIO may cause serious side effects. Tell your doctor if you have any of the following:**

- o **decreases in white blood cell count** — this may cause you to have more infections. Symptoms include fever, tiredness, body aches, chills, nausea, or vomiting. Patients with low white blood cell count should not receive certain vaccinations during AUBAGIO treatment and 6 months after.
- o **allergic reactions** such as difficulty breathing, itching, or swelling on any part of your body including lips, eyes, throat, or tongue. Stop taking AUBAGIO and call your doctor right away.
- o **serious skin reactions** that may lead to death. Stop taking AUBAGIO if you have rash or redness and peeling, mouth sores or blisters.
- o **other allergic reactions that may affect different parts of the body.** If you have a fever or rash in combination with severe muscle pain, swollen lymph glands, swelling of your face, unusual bruising or bleeding, weakness or tiredness, or

yellowing of your skin or the whites of your eyes, stop taking AUBAGIO and call your doctor right away.

- o **numbness or tingling in your hands or feet that is different from your MS symptoms**
- o **high blood pressure**
- o **breathing problems (new or worsening)** — these may be serious and lead to death

**The most common side effects when taking AUBAGIO include: headache; diarrhea; nausea; hair thinning or loss; and abnormal liver test results.** These are not all the side effects of AUBAGIO. Tell your healthcare provider about any side effect that bothers you.

Consult your healthcare provider if you have questions about your health or any medications you may be taking, including AUBAGIO.

**You may report side effects to the FDA at 1-800-FDA-1088.**

**Please see Medication Guide for AUBAGIO on adjacent pages and full Prescribing Information, including boxed WARNING, available on [www.aubagio.com](http://www.aubagio.com).**

Once-daily   
**AUBAGIO®**  
(teriflunomide)<sup>14 mg tablets</sup>

**Medication Guide**  
**AUBAGIO® (oh-BAH-gee-oh)**  
**(teriflunomide)**  
**tablets, for oral use**

**Rx Only**

Read this Medication Guide before you start using AUBAGIO and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment.

**What is the most important information I should know about AUBAGIO?**

**AUBAGIO may cause serious side effects, including:**

- **Liver problems:** AUBAGIO may cause serious liver problems, including liver failure that can be life-threatening and may require a liver transplant. Your risk of developing serious liver problems may be higher if you already have liver problems or take other medicines that also affect your liver. Your doctor should do blood tests to check your liver:
  - within 6 months before you start taking AUBAGIO
  - 1 time a month for 6 months after you start taking AUBAGIO
- Call your doctor right away if you have any of the following symptoms of liver problems:
  - nausea
  - vomiting
  - stomach pain
  - loss of appetite
  - tiredness
  - your skin or the whites of your eyes turn yellow
  - dark urine
- **Harm to your unborn baby:** AUBAGIO may cause harm to your unborn baby. Do not take AUBAGIO if you are pregnant. Do not take AUBAGIO unless you are using effective birth control.
  - If you are a female, you should have a pregnancy test before you start taking AUBAGIO. Use effective birth control during your treatment with AUBAGIO.
  - After stopping AUBAGIO, continue using effective birth control until you have blood tests to make sure your blood levels of AUBAGIO are low enough. If you become pregnant while taking AUBAGIO or within 2 years after you stop taking it, tell your doctor right away.
  - **AUBAGIO Pregnancy Registry.** If you become pregnant while taking AUBAGIO or during the 2 years after you stop taking AUBAGIO, talk to your doctor about enrolling in the AUBAGIO Pregnancy Registry at 1-800-745-4447, option 2. The purpose of this registry is to collect information about your health and your baby's health.
  - **For men taking AUBAGIO:**
    - If your female partner plans to become pregnant, you should stop taking AUBAGIO and ask your doctor how to quickly lower the levels of AUBAGIO in your blood.
    - If your female partner does not plan to become pregnant, you and your female partner should use effective birth control during your treatment with AUBAGIO. AUBAGIO remains in your blood after you stop taking it, so continue using effective birth control until AUBAGIO blood levels have been checked and they are low enough.

**AUBAGIO may stay in your blood for up to 2 years after you stop taking it. Your doctor can prescribe a medicine to help lower your blood levels of AUBAGIO more quickly. Talk to your doctor if you want more information about this.**

**What is AUBAGIO?**

- AUBAGIO is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.
- It is not known if AUBAGIO is safe and effective in children.

**Who should not take AUBAGIO?**

**Do not take AUBAGIO if you:**

- have severe liver problems.
- are pregnant or are of childbearing age and not using effective birth control.
- have had an allergic reaction to leflunomide, teriflunomide, or any other ingredients in AUBAGIO. Please see the end of this Medication Guide for a complete list of ingredients in AUBAGIO.
- take a medicine called leflunomide.

**What should I tell my doctor before taking AUBAGIO?**

**Before you take AUBAGIO, tell your doctor about all of your medical conditions, including if you:**

- have liver or kidney problems.
- have a fever or infection, or you are unable to fight infections.
- have numbness or tingling in your hands or feet that is different from your MS symptoms.
- have diabetes.
- have had serious skin problems when taking other medicines.
- have breathing problems.
- have high blood pressure.
- are breastfeeding or plan to breastfeed. It is not known if AUBAGIO passes into your breast milk. You and your doctor should decide if you will take AUBAGIO or breastfeed. You should not do both.

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using AUBAGIO and other medicines may affect each other causing serious side effects. AUBAGIO may affect the way other medicines work, and other medicines may affect how AUBAGIO works.

Especially tell your doctor if you take medicines that could raise your chance of getting infections, including medicines used to treat cancer or to control your immune system.

Ask your doctor or pharmacist for a list of these medicines if you are not sure.

Know the medicines you take. Keep a list of them to show your doctor or pharmacist when you get a new medicine.

**How should I take AUBAGIO?**

- Take AUBAGIO exactly as your doctor tells you to take it.
- Take AUBAGIO 1 time each day.
- Take AUBAGIO with or without food.

## What are possible side effects of AUBAGIO?

**AUBAGIO may cause serious side effects, including:**

- see "What is the most important information I should know about AUBAGIO?"
- **decreases in your white blood cell count.** Your white blood cell counts should be checked before you start taking AUBAGIO. When you have a low white blood cell count you:
  - **may have more frequent infections.** You should have a skin test for TB (tuberculosis) before you start taking AUBAGIO. Tell your doctor if you have any of these symptoms of an infection:
    - fever
    - tiredness
    - body aches
    - chills
    - nausea
    - vomiting
  - **should not receive certain vaccinations during your treatment** with AUBAGIO and for 6 months after your treatment with AUBAGIO ends.
- **allergic reactions.** Stop taking AUBAGIO and call your doctor right away or get emergency medical help if you have difficulty breathing, itching, swelling on any part of your body including in your lips, eyes, throat, or tongue.
- **serious skin reactions.** AUBAGIO may cause serious skin reactions that may lead to death. Stop taking AUBAGIO and call your doctor right away or get emergency medical help if you have any of the following symptoms: rash or redness and peeling, mouth sores or blisters.
- **other types of allergic reactions or serious problems that may affect different parts of the body such as your liver, kidneys, heart, or blood cells.** You may or may not have a rash with these types of reactions. Other symptoms you may have are:
  - severe muscle pain
  - swollen lymph glands
  - swelling of your face
  - unusual bruising or bleeding
  - weakness or tiredness
  - yellowing of your skin or the white part of your eyesIf you have a fever or rash with any of the above symptoms, stop taking AUBAGIO and call your doctor right away.
- **numbness or tingling in your hands or feet that is different from your MS symptoms.** You have a higher chance of getting these symptoms if you:
  - are over 60 years of age
  - take certain medicines that affect your nervous system
  - have diabetesTell your doctor if you have numbness or tingling in your hands or feet that is different from your MS.
- **high blood pressure.** Your doctor should check your blood pressure before you start taking AUBAGIO and while you are taking AUBAGIO.
- **new or worsening breathing problems.** These may be serious and lead to death. Call your doctor right away or get emergency medical help if you have shortness of breath or coughing with or without fever.

The most common side effects of AUBAGIO include:

- headache
- diarrhea
- nausea
- hair thinning or loss (alopecia)
- increases in the results of blood tests to check your liver function

These are not all the possible side effects of AUBAGIO. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## How should I store AUBAGIO?

- Store AUBAGIO at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep AUBAGIO and all medicines out of the reach of children.

## General information about the safe and effective use of AUBAGIO.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use AUBAGIO for a condition for which it was not prescribed. Do not give AUBAGIO to other people, even if they have the same symptoms you have. It may harm them.

You can ask your doctor or pharmacist for information about AUBAGIO that is written for health professionals.

## What are the ingredients in AUBAGIO?

**Active ingredient:** teriflunomide

**Inactive ingredients in 7 mg and 14 mg tablets:** lactose monohydrate, corn starch, hydroxypropyl cellulose, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, hypromellose, titanium dioxide, talc, polyethylene glycol and indigo carmine aluminum lake.

In addition, the 7 mg tablets also contain iron oxide yellow.

For more information, go to [www.aubagio.com](http://www.aubagio.com) or call Genzyme Medical Information Services at 1-800-745-4447, option 2.

Manufactured for:  
Genzyme Corporation  
Cambridge, MA 02142  
A SANOFI COMPANY

This Medication Guide has been approved by the U.S. Food and Drug Administration.  
Revised: April 2021

TER-MG-SL-MAY21

## 10-MINUTE ORGANIZER

## KIDS' ART

You can't keep all the crafts forever—you're not the Louvre!

Here's how to send your kids back to school with a failproof purging plan in place.

BY LESLIE CORONA



## THE QUICK FIX

First divide the art into simple "keep" and "toss" piles. Then spread out everything in the "keep" pile. Group by category—paintings, paper crafts—and save only the very favorites from each stack.

## THE HABIT

This might be music to your ears: As art rolls in, throw it into a catchall bin, drawer, or bag (see right). Coloring book sheets can go straight into recycling. (It's not art, it's busywork!) Talk to your child about their art when they bring it home. You'll get a sense of what they're most proud of—and what you should keep.

## THE ORGANIZING TOOL

Our experts like an art portfolio bag, like the 20-by-26-inch Mesh Zipper Bag (\$10; [dickblick.com](http://dickblick.com)). Hang it on the back of a door or slip it next to your child's desk. Stash art in it until it's full—and time to sort.



## THE APP

If you're OK giving something the boot but still want to memorialize it, take a picture of it with your phone. Add it to a photo folder dedicated to your kid's art. You can also try Keepy (free; iOS and Android), an app that stores photos in a timeline you can share with friends and family. It also lets you add video and voice narration, and you have the option of buying unlimited storage.

## THE MANTRA

"My kid makes art every day!" This will ease your guilt when you toss a drawing—because a new piece will replace it faster than you can break a crayon.

## OUR EXPERTS

**COURTENAY HARTFORD**,

AUTHOR OF

*THE CLEANING NINJA*

**JAKIA MUHAMMAD**,

FOUNDER OF

SOLEORGANIZER IN

WASHINGTON, D.C.

**BETSY CAHN AND LINDA THIBODEAU**, FOUNDERS OF CURATED SPACES IN SOUTH ORANGE, NEW JERSEY

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**SATURDAY 8/21**  
8 ET/7 CENTRAL



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Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

## 2021 REAL SIMPLE HOME PREVIEW

## A Stellar Cellar

Turn a lackluster basement into a vibrant, multizoned space for the whole crew.

BY LESLIE CORONA

## OUR METHOD

We paired an editor “client” with each REAL SIMPLE Home designer to help determine the goals and challenges within the space. Here’s what Raili and features editor Brandi dreamed up.


**Raili Clasen**

INTERIOR DESIGNER

“Eclectic” defines Raili’s style. Pair that with her laid-back California vibe, and she delivers comfy, personality-packed spaces for her clients.

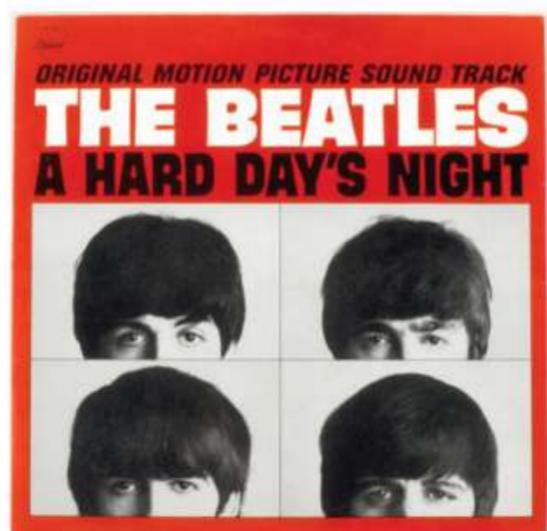

**Brandi Broxson**

FEATURES EDITOR  
AT REAL SIMPLE

Brandi and her fiancé, who have three pets, want a casual spot for evening hangs and a place to entertain their large extended family.



Display album covers on the wall to bring your passions into the decor.



**GOAL** Brandi envisions a multipurpose spot that checks lots of boxes—game room, movie theater, workout area—without looking chaotic.

**CHALLENGE** The big, open space needs to be wisely divvied up. A bold design will energize the room and unify the zones.



HEADSHOTS: COURTESY OF KARIN MILLET; COURTESY OF CHRIS CALLAWAY; ALBUM COVER: MICHAEL OCHS ARCHIVES/STRANGER/GETTY IMAGES; PRODUCT IMAGES COURTESY OF MANUFACTURERS. CREAM AND BLACK FARMHOUSE STRIPE PILLOW COVER, FROM \$55, AND BASTIDEAU BOHO PILLOW COVER, FROM \$99; ONEAFFIRMATION.ETSY.COM. CHANDRA LIMA GREEN WOOL AREA RUG, \$626; LAMPSPLUS.COM. DEVON CHAIR, \$2,316, AND WALNUT GROVE GATHERING ISLAND, \$3,387; STICKLEY.COM FOR STORES

# A BURST OF FRESHNESS WITH EVERY TOUCH\*

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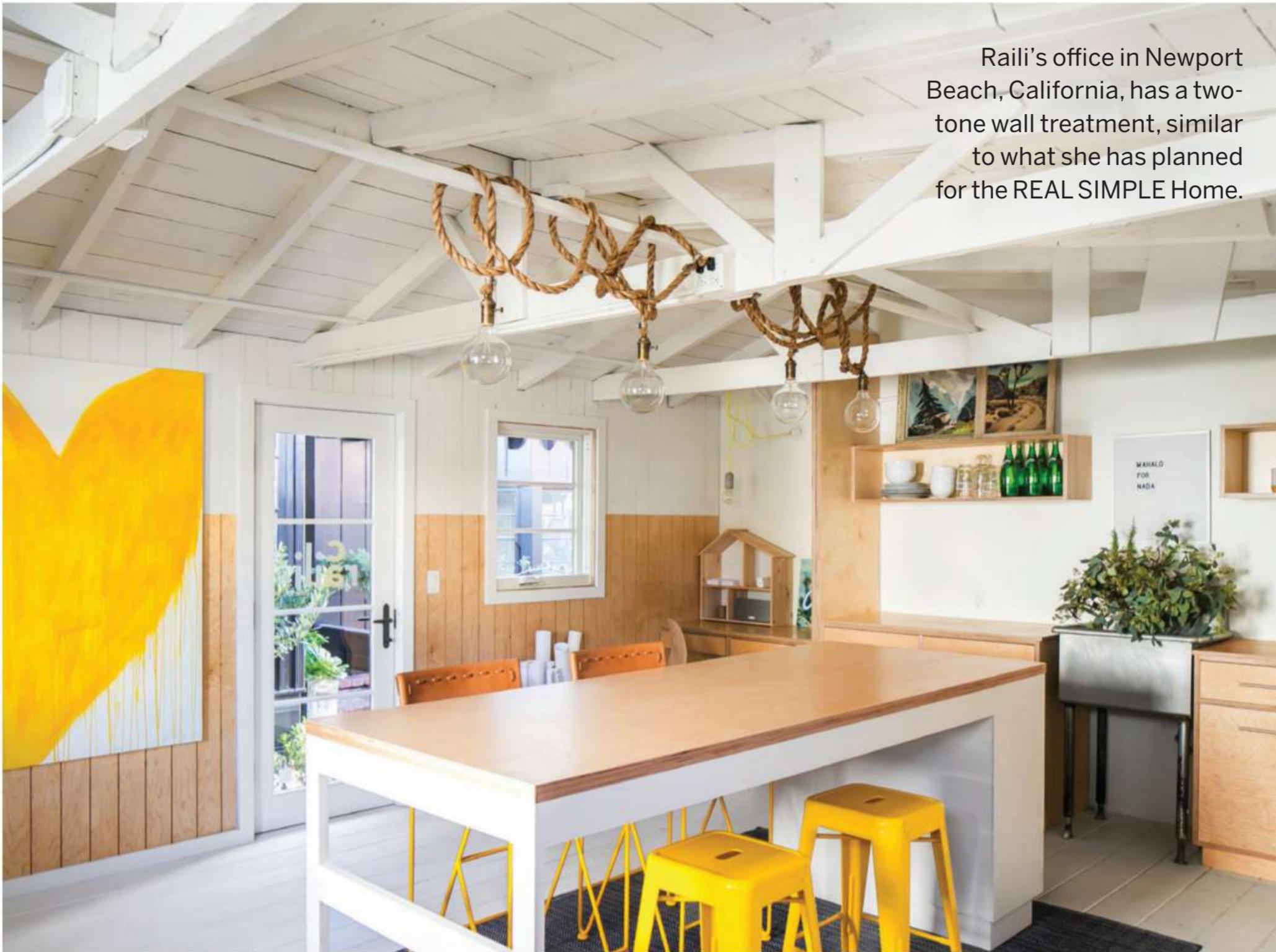
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With its breakthrough Touch Activated scent technology, it stores scent in your fabrics, releasing a joyful burst of fresh scent with every touch—up to 100 touches! That's freshness everyone will want to get their hands on. Not to mention their toes. Their feet. And their paws.

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febreze

2021 REAL SIMPLE HOME SPONSOR



Raili's office in Newport Beach, California, has a two-tone wall treatment, similar to what she has planned for the REAL SIMPLE Home.

## DIVIDE AND CONQUER

### KEEP IT LIGHT

Basements can feel dark, damp, and sometimes even creepy. Light-colored upholstery in a performance fabric ensures durability while bringing in brightness. Incorporate large plants so the room doesn't feel sterile; faux is fine—and probably best for a windowless space. Pale floor tiles with a faux-wood grain will lighten up the look and withstand any moisture issues (a notorious basement hazard).

### JAZZ UP THE WALLS

A two-tone paint scheme (Valspar's Belmont Green on the bottom and Ripe Olive on top) is warm and inviting. Use album covers as a playful alternative—or addition—to traditional art. "Multipurpose spaces can be designed to feel way less serious, so make your hobbies part of your decor," Raili says.

### GET CREATIVE WITH BOUNDARIES

Raili plans to place an exercise bike and other workout gear at one end of the room. She'll give that section some privacy by creating a screen from a large pegboard and mounting it on casters. Roll the screen around to expand or minimize the area, and use the pegs for flexible storage and decor.





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HAIR BY CHARLES MCNAIR FOR SEE MANAGEMENT USING R+C O; MAKEUP BY LISA AHARON FOR THE WALL GROUP  
USING SISLEY PARIS; MANICURE BY SHIRLEY CHENG FOR SEE MANAGEMENT USING CHANEL BEAUTY

## BEAUTY HOW-TO

## PERFECT DIY PEDI

Keep your feet in sandal-ready shape with these professional prep and polish tips you can practice at home.

BY LISA DESANTIS



1

#### SCRUB-A-DUB-DUB AND SMOOTH

The best time to give yourself a pedicure is immediately after a shower, when your feet are clean. If you need to remove polish, do so before hopping in, then let the water rinse away that acetone smell. Exfoliate in the tub too, to save both time and cleanup. Julie Kandalec, founder of Julie K Nail Artelier in New York City, prefers a sugar scrub to a salt scrub, "because the granules aren't as sharp." She likes the Body Shop Peppermint Reviving Pumice Foot Scrub (\$14; [thebodyshop.com](http://thebodyshop.com)). If you need a little extra help in the callus department, try Pedi ProTool Foot File (\$29; [tricoci.com](http://tricoci.com)).

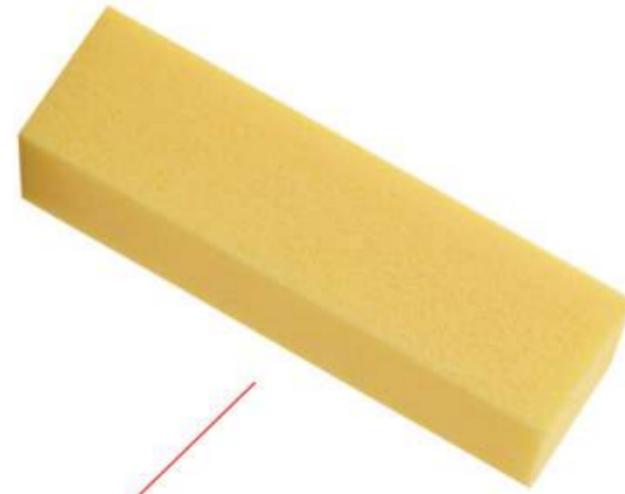
**EASY TIP:** You can use the file dry or wet, but we advise filing right after your shower—while you're still standing in the tub—because skin is soft and in optimal shape for removal.

2

#### FILE FLAWLESSLY

To trim your toenails, Kandalec generally recommends filing, not snipping, since cutting them too short can lead to irritation, pain, and even ingrown nails. "But if you are prone to ingrowns," she says, "prevent them by cutting your nails with a straight-edge clipper, then filing very lightly to smooth the corner." Filing also gives you more control, letting you shape as you shorten; file from each corner to the center to avoid fraying. Kandalec's favorite filing tool is a fine-grit buffer, like Beauty Secrets Yellow Fine Finishing Brick (\$1.20; [sallybeauty.com](http://sallybeauty.com)).

**EASY TIP:** Kandalec cuts the buffer into thirds to make it easier to maneuver between toes.



After filing your tips, gently buff your nail beds. Doing so removes residue so polish lasts longer.



3

#### PAINT LIKE A PRO

To get rid of traces of leftover polish, Kandalec swears by using a spoolie brush dipped in remover. "It's excellent for cleaning under the tip of the nail to prep for polish," she says. If your toes tend to overlap, slide on some separators. The GSQ by Glamsquad Pedicure Kit (\$17; [cvs.com](http://cvs.com)) comes with a comfy set, among other essentials, though cotton balls or twisted tissues will work too. Prime nails with a base coat, like Essie First Base (\$9; at drugstores), especially if you're using a dark shade, which could stain nails. "If you have small toenails, some brushes might be a bit too wide," Kandalec says. She likes Chanel Le Vernis polishes (\$28; [chanel.com](http://chanel.com)) for their small, user-friendly brushes. For a clean look, "swipe left to right instead of base to tip," she suggests.

**EASY TIP:** After two coats of polish and a topcoat, let dry for about 20 minutes, then apply cuticle oil to hydrate. We recommend CND SolarOil Nail & Cuticle Care (\$8.50; [ulta.com](http://ulta.com)).

HOW TO WEAR IT

## HEM AND SOLE

Whether frayed or flared, cropped jeans fit so many occasions—  
as long as you know which shoes to pair them with.

BY FLAVIA NUNEZ



### PAIR LIGHT-WASH FRAYED JEANS WITH SLIDE HEELS

Style comes from unexpected juxtapositions, like casual frayed hems with dressy metallic heels and a blazer. **TO BUY:** Butter Short Sleeve Crewneck Bodysuit, \$88; wearcommando.com. Collarless Wrap Blazer, \$216; snidel.us. Kathleen Organic Blue Jeans, \$118; mavi.com. Mallorca Heels, \$119; saltandumber.com.



### PAIR WHITE FRAYED JEANS WITH SNEAKERS

Minimalist sneakers always go well with jeans. Monochrome pink kicks add color to the black-and-white outfit. **TO BUY:** Carol Short Sleeve Sweatshirt, \$125; perfectdd.com. The Mikey Jeans, \$158; boyish.com. Sanders Sneakers, \$100; softshoe.com.



### PAIR DARK-WASH FRAYED JEANS WITH CHELSEA BOOTS

Jeans that are fitted at the hem look modern-punk when they brush against ankle-hugging boots. **TO BUY:** Longtail T Tank Top, \$19.50; duluthtrading.com. Legendary Chore Jacket, \$79; lee.com. Wedgie Fit Jeans, \$98; levi.com. Macey Boots, \$198; andreassous.com.



**PAIR BLACK FLARED JEANS  
WITH STRAPPY FLATS**

A hem that hits just above the ankle is flattering—and lets you show off those summer sandals. **TO BUY:** Candice Blouse, \$149; dl1961.com. Josie High Rise Crop Flare, \$175; eticadenim.com. Frye Flat Strap Belt, \$45; dillards.com. Izabel Sandals, \$70; dolcevita.com.



**PAIR LIGHT-WASH FLARED JEANS  
WITH ANKLE BOOTS**

To make your legs appear longer, wear white booties (the new neutral shoe) with baby-blue flares. **TO BUY:** Tiered Pique Top, \$185; rebeccataylor.com. Cropped Kick Jeans, \$99; nordstrom.com. Galiana Leather Boot, \$240; tedbaker.com/us.

The tiered ruffles on this flowy top make a simple outfit feel special.



**PAIR DARK-WASH FLARED JEANS  
WITH PLATFORM SANDALS**

Comfortable is still chic when you wear loose-fitting cropped denim with a tunic and thick-soled leather flip-flops. **TO BUY:** Y Neck Square Hem Tunic, \$120; bnewyorkbrand.com. Teresa Wide Leg Ankle Jeans, \$109; nydj.com. Jacy Leather Sandal, \$75; cougarshoes.com.

## ROAD TEST

## Take a Bow

When you want to break out of the ponytail rut, these six winners (out of dozens tested) provide polish and pizzazz.

BY ANNEKE KNOT



## BEST HAIR TIE

## Brooklinen Small Silk Scrunchies

Daily curling and straightening sessions can damage hair. But did you know that elastics are a sneaky split-end culprit? Traditional ties can cause friction and breakage, but not these soft scrunchies. Made of mulberry silk, they're strong enough to hold the thickest tresses yet don't tug, crease, or snag.

**TO BUY:** \$32 for 5; brooklinen.com.



## BEST HEADBAND

## Scunci Collection Twisted Headband

This cute band's stretchy ends promise comfort.

Our tender-headed tester wore hers all day without a single ache.

**TO BUY:** \$8; target.com.



## BEST CLAW CLIP

## Kitsch Jumbo Classic Claw Clip

This gives you a sophisticated 'do in seconds and securely holds even waist-length strands.

**TO BUY:** \$12 for 2; mykitsch.com.



## BEST BARRETTE

## Bellefixe Bellebasics Hair Clip Set

Create a simple and chic half-up, half-down style, or just pull back bangs when applying makeup.

**TO BUY:** \$9 for 2; bellefixe.com.



## BEST PINS

## The Hair Edit Marble Hair Pins

Bobby pins don't have to be boring. These flyaway fighters look like jewelry in your hair. **TO BUY:** \$9 for 4; thehairedit.com.



## BEST BONNET

## Shhhowercap The Basilica

This cap protects hair while you shower and doubles as a turban for everyday wear. **TO BUY:** \$43; shhhowercap.com.

# GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough biologic treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).<sup>1</sup>

Approved for ages 6 and up.

- ▶ **Fast itch relief\***
- ▶ **Clearer skin that lasts\***
- ▶ **Not an immunosuppressant**
- ▶ **Not a cream or steroid**

\*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.



## — TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE —

### INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

### IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

#### DUPIXENT can cause serious side effects, including:

**Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

**Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects in patients with atopic dermatitis include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

**Please see Brief Summary on next page.**

**SANOFI GENZYME**  **REGENERON**

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**YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.<sup>†</sup> CALL 1-844-DUPIXENT (1-844-387-4936)**

<sup>†</sup>**THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

# **Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use**

## **What is DUPIXENT?**

- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

## **Who should not use DUPIXENT?**

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

## **What should I tell my healthcare provider before using DUPIXENT?**

### **Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

### **Especially tell your healthcare provider if you:**

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

## **How should I use DUPIXENT?**

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

## **• If your dose schedule is every other week and you miss a dose of DUPIXENT:**

**DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.

## **• If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:**

**DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.

- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

## **What are the possible side effects of DUPIXENT?**

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects of DUPIXENT in patients with atopic dermatitis include:** injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

## **General information about the safe and effective use of DUPIXENT.**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to [www.DUPIXENT.com](http://www.DUPIXENT.com) or call 1-844-DUPIXENT (1-844-387-4936)

## **What are the ingredients in DUPIXENT?**

**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

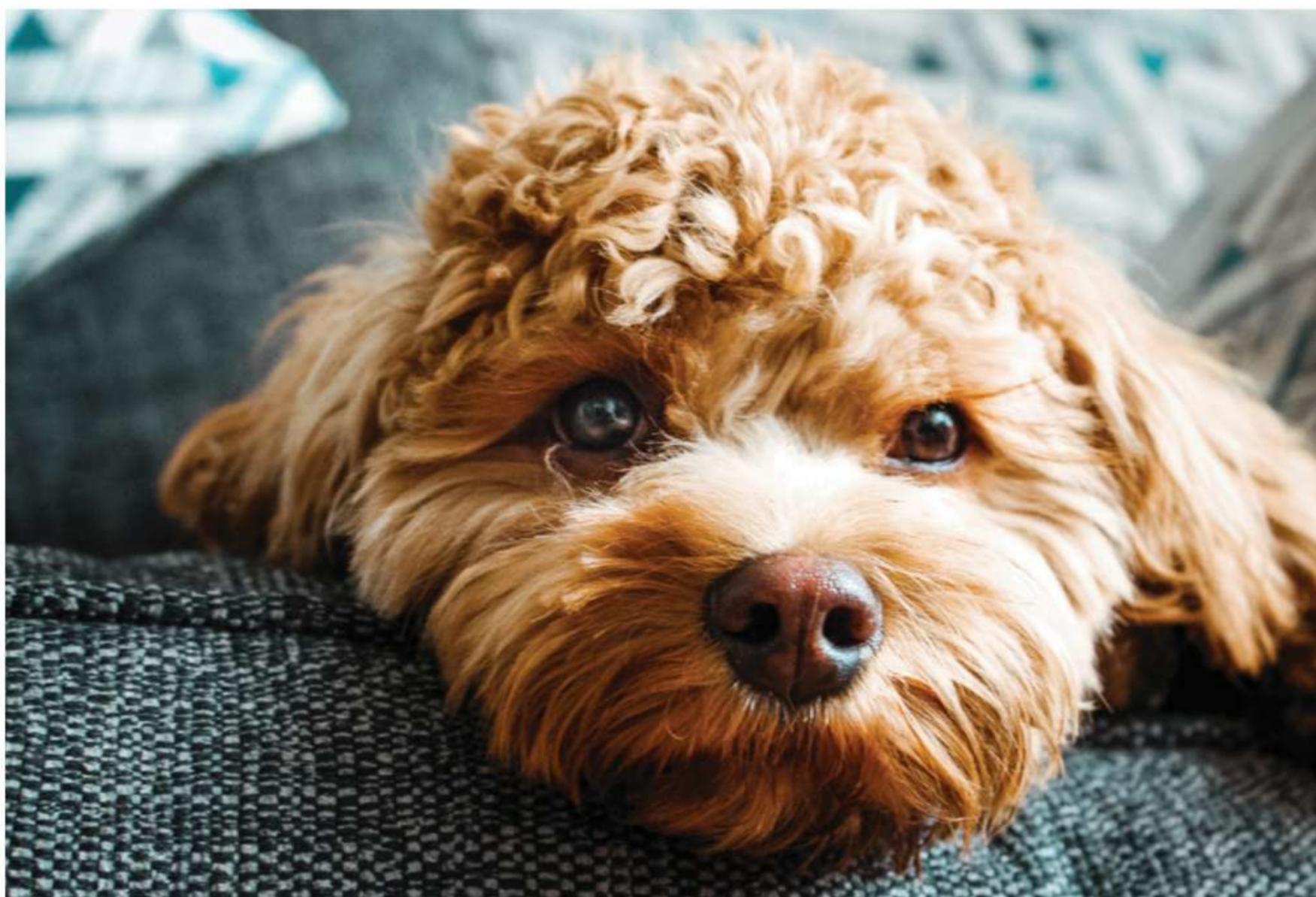
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Issue Date: January 2021

## PETS

# Help Your Dog Transition to Home Alone

BY JUNO DEMELO

**THE ISSUE**

**"I'll be returning to the office soon, and I'm worried my dog will have anxiety and bark nonstop. How can I prepare him to be home alone again?"**

**THE PRO**

Brett Endes owns a training service called the Dog Savant and hosts a podcast by the same name.

**THE FIX**

Some dogs are too tuned in to our movements—especially if they've been spending every waking hour with us for over a year. If you're about to go back to a 9-to-5 schedule, you need to give your dog some structure too.

To get him used to being home alone, first get him used to being alone when you're home. Teach him the "place" command, which directs him to stay on his bed or in his crate—ideally in a different room than the one you're in.

To do it, guide your pup into place with a leash, pause until he sits down, then give him small, low-calorie treats (preferably training happens before mealtime). After he's gotten the hang

of it, instruct him to lie down in his place. Gradually increase the amount of time between "down" and treating him. Tether the leash so he can't roam; loosen the slack bit by bit as he gets better at holding the command. If he sits up or tries to army-crawl off the bed, guide him back into place and repeat. After you've mastered duration, move on to distance. Walk farther and farther away, eventually into another room entirely.

Now for step two: actually leaving your home. Before you go, help your dog wind down. Depending on his energy level, this could mean going for a walk or having some playtime. (To tire him out quickly, try a "flirt pole," a stick-mounted training toy.) Put his bed or crate in a quiet room with the windows covered, and practice "place" for 15 to 30 minutes before you leave to lower his physical energy and fatigue him mentally. Then head out for about an hour. Make sure your exit is calm (no long, sad goodbyes) and close the door to his room, since

**Satisfy your dog's wild side with delicious, meat-rich wet recipes.**

Love them like family. Feed them like family.®

## GUIDES

giving him the run of the house can increase his anxiety and the chance he'll do something naughty.

Keep leaving—run an errand, take a walk, grab lunch—for longer and longer periods. If you hear your dog barking after you close the door, ignore it. Like giving in to a whining child, returning teaches your dog that howling gets him what he wants.

If he shows signs of stress as you're preparing to leave, like pacing, whining, yawning, panting, or licking his lips, fake him out. Grab your keys but don't go anywhere, or put on his leash but stay home. Anxiety comes from thinking about the future too much, and forcing your dog to zigzag instead of go from A to B can help him learn to be mindfully present.

Just like us, dogs experience FOMO. By teaching yours that he's not missing out on anything when you're home, he'll be less likely to worry when you're gone. Practice "place" for about 20 minutes at a time, multiple times a day. As long as you're consistent, your pup should get comfortable being alone after a few weeks. ■

### I TRIED IT

The first time I left Ranger, my 10-year-old mixed breed, alone—after 13 long months of being together at home—my neighbor texted to let me know my sweet boy had been howling for hours. Yikes. I knew I needed to begin a training routine, so I started small, as Endes recommended. I led Ranger to his bed in the living room and asked him to stay while I worked in the other room. It took some back-and-forth, but soon he was remaining on his bed for 30-minute stretches (maybe he was swayed by the beef liver treats?). After I knew he could handle being at a distance from me, I started leaving the house for short errands. I'd give him a dog puzzle filled with treats and run to the post office down the block or shop at the grocery store for a few minutes. He's been mostly OK. I have peace of mind thanks to a pet camera (Petcube Play 2, \$180; [chewy.com](https://www.chewy.com)), which sends an alert to my phone when he barks. We've got a ways to go before I'll be able to leave him for a full, IRL workday, but for now I'm just happy he's a little less stressed.

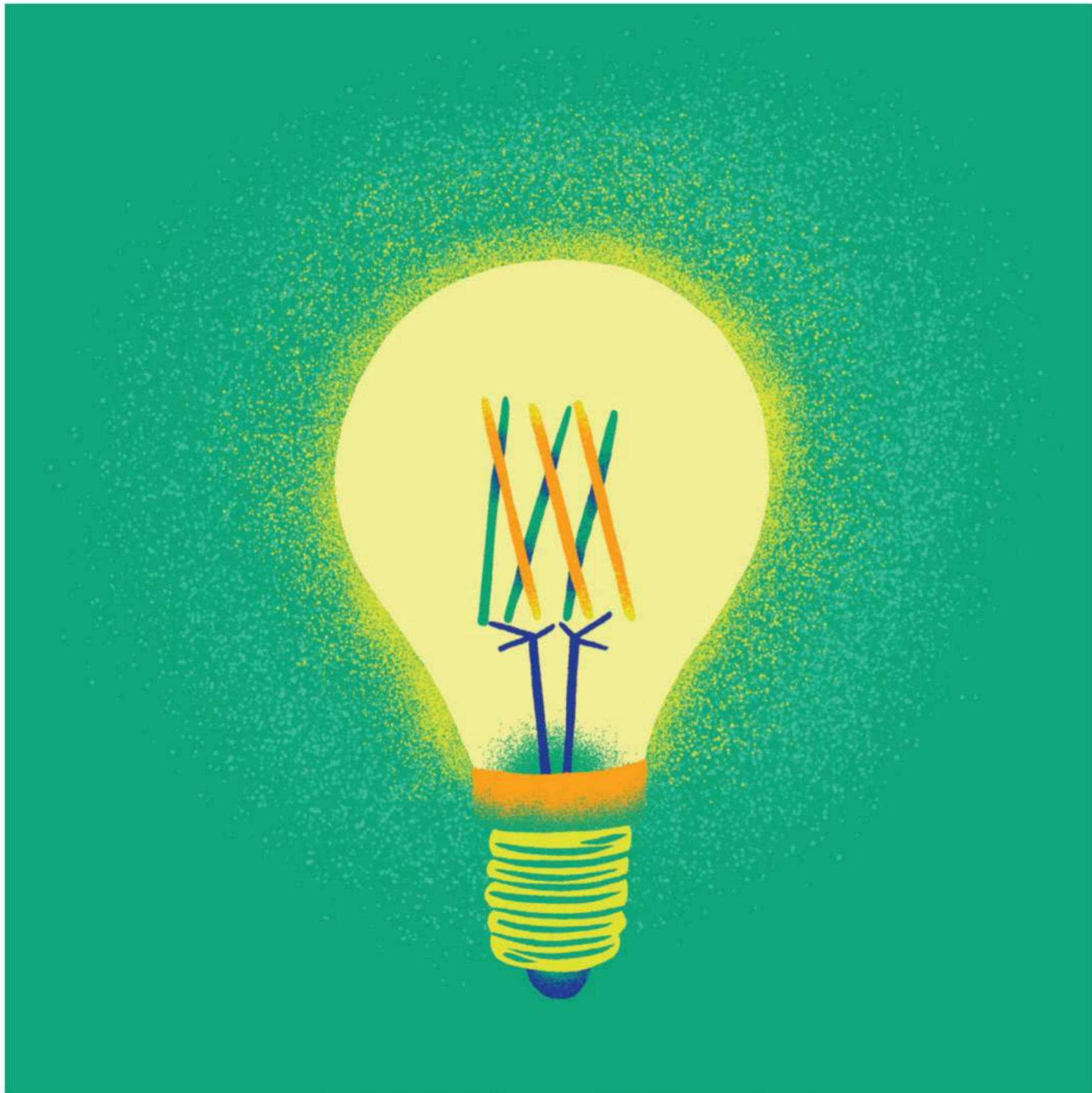
—Brandi Broxson,  
REAL SIMPLE features editor



# BORN TO LOVE MEAT

A protein-rich food to feed the wolf inside your dog – BLUE Wilderness™ is made with more of the delicious meat dogs desire. Available with or without grains, each formula contains a precise blend of protein, fat and complex carbohydrates to help your meat-loving dog thrive.

Love them like family. Feed them like family.®



THE POWER OF LESS

## ELECTRICITY

Simple changes in your home will lower your power bill and make the world healthier.

BY NAOMI BARR

**YOU TURN OFF LIGHTS YOU'RE NOT USING** and try to keep the AC hovering near 78 degrees during the summer. That's because you know these small actions will save you money and help the planet too. About 60 percent of our nation's electricity is generated by burning coal and natural gas, which releases climate-changing pollutants into the atmosphere. Extreme weather events—like the catastrophic storms in Texas in February and record-breaking heat waves in California—are becoming more common, and they increase the stress on our nation's power grids, says Noah Horowitz, a senior scientist at the Natural

Resources Defense Council. “Any demands we can take off the system will help keep the lights on in these situations, while also lessening the impact on the climate year-round.” To go the extra distance for yourself, your neighbors, and the environment, consider taking these easy energy-saving steps.

### Get to Less

#### SWITCH OUT YOUR LIGHT BULBS

As recently as six years ago, the dominant eco-friendly alternative to incandescent bulbs was CFLs (compact fluorescent lamps), but they cast a harsh light. Now the go-to greener swap is LED (light-emitting diode) bulbs, which last upwards of 10 years, come in a range of warmths, and are dimmable and contain no mercury (not true of CFLs). Crucially, they can use up to 80 percent less energy than traditional incandescents. “People have reduced their electric bills by 30 percent just by changing all their lighting to LEDs,” says Friday Apaliski, founder of Sustainability Concierge, a San Francisco-based company that helps clients green their homes. LED bulbs are measured in kelvins and lumens instead of watts (though watt equivalents are often marked on the packaging). Look for bulbs with a Kelvin temperature between 2,400 and 2,700 for a warm glow, and a lumen rating of 800 for a brightness akin to a 60-watt bulb.

#### LOWER WATER TEMPERATURES

Heating water is the second highest energy expense in your home (your HVAC tops the list), so try lowering the temperature of your water heater. “It’s often set by the manufacturer to 140 degrees, but most households only need it to be around 120 degrees,” says Andrea Woroch, a money-saving expert in Bakersfield, California. “If your heater has a vacation mode, use it the next time you go

People have reduced their electric bills by 30 percent just by changing all their lighting to LEDs.

away for added savings.” Also, on laundry day, choose the cold cycle. “Today’s detergents and washers are designed to operate optimally at cold-water settings,” Horowitz says. Even lowering the temp from hot to warm can slash the energy use of each load in half.

#### INVEST IN SMART TECHNOLOGY

Smart thermostats and plugs that you control from your phone keep you from wasting electricity when you leave the house without turning off the computer, raising the AC, or lowering the heat, Woroch says. “Some, like the Nest thermostat, can even sense when no one is home and adjust on their own,” she adds.

#### PURCHASE ECO-FRIENDLY

#### ELECTRONICS AND APPLIANCES

When it’s time to buy a new refrigerator, TV, dishwasher, or other home product, get one that’s been awarded an Energy Star label. Though these models can sometimes be more expensive, their certification guarantees you’ll use less energy, saving you money in the long run. A typical household with Energy Star appliances can save \$450 annually.

#### UNPLUG DEVICES YOU’RE NOT USING

Many items in your home, particularly those with clocks or little lights, use electricity even when turned off (often described as “vampire draw” or “phantom load”). Put them together and it adds up—to the tune of about \$165 a year, an NRDC report found. Apaliski suggests buying separate power strips for things that need to stay on all the time (like your modem and router) and things that can be turned off fully, with a flick of the switch on the power strip, when no one is around (like your TV and gaming console). ■

#### IF YOU DO JUST ONE THING

Rely on natural light as much as possible, and buy only LEDs. There are more than 6 billion light sockets in the country, Horowitz says, so if everyone switched to LEDs, it would cut about 6 million tons of carbon dioxide emissions each year.

#### EXTRA CREDIT

If you can, harness the clean power of the sun (and help say goodbye to fossil fuels) by installing solar panels on your home. If that’s not possible, see if you can join a community solar project, says Nathanael Greene, senior renewable energy advocate at the NRDC. An estimated 90 million U.S. households are eligible. Programs vary, but generally you subscribe to a nearby solar farm, and your portion of the electricity generated there is credited to your electric bill.



HOME CARE

## Pest Practices

Are crawling critters giving you the creeps?  
Try some natural ways to get rid of unwanted insects  
without turning your home into a Superfund site.

BY SARAH MILLER

**ANTS, MOTHS, AND FLEAS** may be unwelcome houseguests, but if you're facing an invasion, there's no need to panic (or grab a hazmat suit). With nontoxic solutions, you can show insects the door without putting kids and pets at risk.

### The First Line of Defense: Seals, Sanitation, and Scents

Think of your home as a fortress. "Pest control begins with exclusion," says Gil Bloom, owner of Standard Pest Management in Queens, New York. "You want to stop the bugs from getting inside in the first place." Put a sweep on your garage door—any type will do, as long as it's flush against the ground to make it harder for pests to penetrate. Don't lean garbage cans against the house, and keep surrounding trees well trimmed, because ants will use branches as handy little bridges. And make sure the gutters are clean and dry. "Pests are looking for food, water, and shelter," Bloom says. "If you don't provide that, your home won't be attractive to them."

Another option: fragrant plants. "Many insects are repelled by them," says Jenny Perez, education coordinator for the American Botanical Council in Austin, Texas. She suggests planting mint, lemongrass, rosemary, and lavender around the exterior of your home to help deter six-legged visitors.

If a black strip of sugar ants is wending its way to your cabinet, remember that cleanliness is next to antlessness.

## Still Got a Pest Problem? Try a More Targeted Approach.

### AMBUSH YOUR ANTS

If a black strip of sugar ants is wending its way to your kitchen cabinet, remember that cleanliness is next to antlessness. “Tidy up after every barbecue, and keep the kitchen crumb-free,” Bloom says. “Don’t store firewood inside—ants like to nest in it. And be careful about bringing in plants from outdoors, as they can carry ants and other bugs.”

Are the ants just making juleps out of your mint? Mix a more lethal cocktail. Perez suggests spraying ant trails with a solution of a half cup of water, two tablespoons of vodka (to make the mixture shelf-stable), 15 drops of peppermint essential oil, and five drops of cinnamon essential oil. Use it on counters, in cupboards, or any other place inaccessible to pets. If you prefer an over-the-counter spray, try Raid Essentials Ant & Roach Killer 28 (\$7 for 10 oz.; [walmart.com](http://walmart.com)), a kid- and pet-safe formula made with essential oils and plant-based ingredients.

For carpenter ants, try combining equal parts baking soda and confectioners’ sugar. Put it in a shallow container (like a jar lid) and leave it out for your ants to feast on. The sugar should draw them in; the baking soda, which disrupts their digestive system, should take them out.

### MENACE THOSE MOTHS

It’s never pleasant to discover that your pantry canisters or sweater drawers are now moth condos. With pantry moths, throw away infested food and double up on your cleaning: Vacuum thoroughly, hitting every crevice. “You’re trying to get all the moth larvae, because that’s what’s eating a lot of your stuff,” Bloom says.

If moths have moved into your drawers or closet, remove all your clothes for a deep cleaning—and in the future, wash or dry-clean everything right after you wear it. “Moths go after your clothes because they like sweat,” Bloom says. Silk, wool, and any other animal-derived pieces should be washed according to the label’s instructions, dry-cleaned, or tossed. Before putting everything back, sprinkle silica gel onto any floorboard cracks. It absorbs moisture, which moths love.

To help keep the beasts away, try lavender sachets or cedar chips. “Cedarwood has compounds that kill the moth larvae,” Perez says. Another option: Moth-Away sachets (\$9 for 6; [containerstore.com](http://containerstore.com)), with peppermint, rosemary, thyme, and cloves.

### FIGHT THE FLEAS

Those tiny varmints are in your carpets, on your couches, and worst of all, buried in the fur of your four-legged friends. “Checking your pets regularly for fleas is crucial,” Perez says. “Fleas can multiply rapidly, and they can make your dog or cat seriously ill.”

For an effective treatment that’s also safe for your furry buddies, try Bravecto, says Stephanie Austin, DVM, a veterinarian in New York City. “The main ingredient, fluralaner, has been studied and proven safe in more than 50 peer-reviewed articles. For dogs, it’s a chewable tablet given every 12 weeks. For cats, it’s applied topically every 12 weeks.” Talk to your vet about which treatment is right for your pet.

To safely exterminate fleas around your home, try nontoxic diatomaceous earth, which is made from fossilized algae and destroys the exoskeletons of insects. Check the label to make sure the product is recommended specifically to fight bugs and is formulated to use around pets, Bloom cautions. (Try Flea Away Diatomaceous Earth, \$16 for 12 oz.; [chewy.com](http://chewy.com).) The fine powder comes in a shaker; follow the directions on the label, sprinkling small amounts wherever fleas are found in your home—carpets, upholstery, fabric. You may notice results within a few days.

### Call in Reinforcements

If you still find yourself managing a pest hotel, it may be time to call a pro. Say you’re looking for “green service,” which Bloom describes as weatherproofing, depriving pests of food and water, and using bait, traps, and plant-based solutions, rather than spraying toxic chemicals. “It’s more focused on how pests get in and the conditions they need to survive,” Bloom says, “and how we can prevent that.” ■

NEW  
PODCAST

REAL SIMPLE

# MONEY

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# CONFIDENTIAL

## INTRODUCING MONEY CONFIDENTIAL

A new podcast from REAL SIMPLE



Caroline White Photography

STEFANIE O'CONNELL RODRIGUEZ,  
HOST AND NATIONALLY RECOGNIZED  
MILLENNIAL MONEY EXPERT

Money Confidential explores the many aspects of money: making it, saving it, investing it, giving it, spending it and—sometimes, hardest of all—talking about it.

Each week, Stefanie O'Connell Rodriguez, a nationally recognized money expert, delves into your (confidential) money problems and delivers smart, practical, and completely doable solutions that will help you work toward your ultimate financial goals.

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THE RIGHT BUDGET FOR YOU

GAME DAY ETIQUETTE

VACATION FRIENDSHIPS

# LIVES



5 PERSPECTIVES

## Lean into Alone Time

Even after months of lockdown, it's important to spend quality time with ourselves. Allow these insights to help you cherish moments of solitude.

BY SHARLENE BREAKY

STOCKSY

## 1

**Embrace a new hobby.**

A hobby can help you carve out time for solitude while working from home. To find one, think about something challenging you enjoy that will give you room to grow. I'm a big fan of reading, so I often listen to an audiobook as I paint. To do this, I step away from all distractions (like my computer). Two caveats: Don't create so many hobbies that they become a form of work. And try not to imagine that your new project can be a side hustle! Alone time is most replenishing when you just have fun.

**KATE HAMMER** IS A LIFESTYLE DESIGN EXPERT AND BUSINESS COACH IN SYRACUSE, NEW YORK.

## 2

**Sit with a tree.**

It's lovely to spend time with yourself in nature. Though you may be alone as far as human interaction goes, you're still surrounded by life forces, like trees and birds. If you feel lonely, consciously tune in to the beauty around you with your senses. For instance, home in on a tree—some people climb them, some sit in the nook of the roots. Feel the texture of the bark and think about how with every breath, you're connecting with that tree. It won't take long before you realize that rather than isolation, you're experiencing a deep, rich solitude.

**MELANIE CHOUKAS-BRADLEY** IS A NATURALIST AND THE AUTHOR OF SEVEN BOOKS ON NATURE, INCLUDING *THE JOY OF FOREST BATHING: RECONNECT WITH WILD PLACES & REJUVENATE YOUR LIFE*.

## 3

**Treat solitude like a significant other.**

Spending time alone is the only way to become emotionally independent. Any activity you do with intention—swimming laps, taking a daily walk—offers you freedom to listen to your thoughts. At first you'll think about your to-do list, but more interesting desires, fears, and ideas will begin to bubble up. You'll see that emotional independence brings resilience, strength, and clarity about which people you want in your life.

**CHRISTINE REED** IS THE AUTHOR OF *ALONE IN WONDERLAND*.

## 4

**Experience awe.**

Studies show that when we contemplate the indescribable, it broadens our perspective and shrinks the self, which quiets the negative chatter in our head. That lets us enjoy the time with ourselves. The trick is to pinpoint your “awe triggers.” Think about what has made you feel wonder. Maybe you've felt it when looking up at skyscrapers, or studying paintings, or watching a toddler toddle. Spending your time with these kinds of awe-inspiring things makes you better able to savor being alone.

**ETHAN KROSS, PHD**, IS THE AUTHOR OF *CHATTER: THE VOICE IN OUR HEAD, WHY IT MATTERS, AND HOW TO HARNESS IT*.

## 5

**Take it easy.**

Following the pandemic, many of us will want to throw ourselves back into our social lives, but it's important to recognize that we'll continue to need more alone time than we think. We learned to fear physical actions, like shaking hands, and that won't go away overnight. Our autonomic nervous system, which has done a great job of reacting to keep us safe, requires time to digest the new rules. Giving ourselves and others space to be alone is nourishing and will help us heal. If you need a moment to breathe and adjust, that's OK. And empathize with those who crave more alone time than you do—it's all part of a rejuvenation.

**CHRISTINE RUNYAN, PHD**, IS A PROFESSOR OF FAMILY MEDICINE AND COMMUNITY HEALTH AT THE UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL AND A COFOUNDER OF TEND HEALTH.

WE DID IT

## GOT INTO A BUDGETING GROOVE

How three women found the right spend-and-save method to hit their ambitious money goals

BY JULIE VADNAL



Angela Harmon used the cash-envelope system to tackle her family's debt of more than \$70,000. And it worked.

## The Cash-Envelope Budget

**Angela Harmon**

ELEMENTARY SCHOOL TEACHER AND BLOGGER  
AT DEBTKICKINMOM.COM  
GREENVILLE, SOUTH CAROLINA

**WHEN ANGELA** and her husband started having trouble paying their bills—the car payments, credit card debt, and grad school loans totaled \$77,000—they knew they had to drastically change their habits. The parents of four tried a spending freeze, cut down on monthly indulgences like Netflix, and sold their old baby stuff. Angela admits that none of this added up to much.

The budgeting trick that stuck: a single monthly trip to the bank, where they'd withdraw four weeks' worth of spending money in cash (about \$1,600). At home, they'd store the money in a file organizer—one tab for gas, one for groceries, another for dining out, and so on. “A lot of people hear ‘cash envelopes’ and think, ‘How do you pay your water bill in cash?’” Angela says. They don’t—automatic bill pay takes care of that—but anything they previously used a debit card for is now paid for in cash.

After the first month of segmenting their dollars, the pair adjusted the categories slightly. The system helped them pay off their debt in just three years—and save for a pop-up camper for summer road trips.

### MAKE IT WORK FOR YOU

Stashing cash in envelopes is great for visual people. “When you swipe a debit card, that money is often out of sight and out of mind,” says Sharita Humphrey, a financial educator and coach in Houston. Cash envelopes will also help you avoid those “insufficient funds” alerts, because you’ll be able to see if you have enough money before you get to the checkout counter.

**When you swipe a debit card,  
that money is often  
out of sight and out of mind.**



## The Zero-Based Budget

**Dee Olateru**

CERTIFIED PUBLIC ACCOUNTANT  
AND TRAVEL BLOGGER  
MINNEAPOLIS

**AFTER GRADUATING** from college summa cum laude, Dee struggled to find a job—and she still owed \$23,000 in tuition, credit card, and car payments. She got a \$10-an-hour factory job with overtime to help attack the debt until she could land something permanent. “My parents were living in Nigeria, so I had no one to help me, and I couldn’t move home,” she says.

She sat down at her computer and made an Excel spreadsheet that assigned a purpose to every single dollar she earned: rent, car loan, school and credit card debt, travel, and food. Within six months, she saved enough for a flight home to Lagos for her sister’s wedding while still chipping away at her debt. Two years later, when she got a full-time job as an accountant, she altered her spreadsheet to reflect new financial priorities, like investments and her 401(k).

## Giving every dollar a job will help you be proactive, not reactive.

"It helps me to think about a budget as not being restrictive," she says. "It's really about putting my money to work. I have a line for travel, and I have a line for charitable giving. It actually empowers me to enjoy my life."

### MAKE IT WORK FOR YOU

A zero-based budget (also called a zero-sum budget) forces you to give each dollar a job until your balance meets zero. This way, you're not guessing how much you'll spend on takeout and Target runs. "You're being proactive, not reactive," says Erin Lowry, a personal finance expert and the author of *Broke Millennial Talks Money*. She says it works especially well if you're the type who loves Google Sheets. There are many free templates online to get you started.

## The Gig-to-Fill-the-Gaps Budget

**Michele McLaughlin**

PROJECT MANAGER AT A HEALTH CARE COMPANY  
CHARLOTTE, NORTH CAROLINA

**EVERY TWO WEEKS**, when Michele gets a paycheck, she hands \$1,000 to the first person on her imaginary payroll: herself. The practice started a year and a half ago, when she was going through a divorce, bought a house (unfortunately one that needed a litany of expensive repairs), and quickly racked up \$50,000 of credit card debt. Worried about her retirement, she set up a plan to give herself an allowance of \$1,000—and \$1,000 only—every two weeks for personal expenses: groceries, gas, clothes, haircuts, and video games for her two teenagers. The remaining bulk of her paycheck, around \$3,600, gets automatically drafted toward monthly bills, her credit card balance (which she paid off in June), and her retirement account.

Sometimes an unexpected expense comes up—a house repair, say, or a really cute outfit—

and the \$1,000 won't cover her needs. In those cases she takes advantage of her part-time job at Kohl's, where she can use her employee discount, or gig work through DoorDash or Shipt, where she makes about \$35 an hour and gets paid quickly. "I saw this Lilly Pulitzer dress the other day for \$100," she says. "Well, that's not really in my budget, so I did a few hours of work for Shipt, made the money, and was able to get it."

### MAKE IT WORK FOR YOU

If you're not a fan of budgeting or spreadsheets, this method is the simplest, and it doesn't let paying down debt fall to the wayside when a tempting pair of shoes pops up on your Instagram. There's a proverb that goes, "Cut your coat according to your cloth," says Tiffany Aliche, a financial educator and the author of *Get Good with Money*. When you limit yourself to a certain amount of money, you'll avoid overspending. The best part is that you can adjust the amount as you grow. To determine how much to set aside, think about what you'd spend in two weeks. Go for a "frugal but realistic" amount, Michele says—anywhere from a quarter to a third of your monthly income. ■



# Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



## T.H. ASKS...

**My in-laws and my parents have extremely expired condiments in their refrigerators. The other night at dinner, the salad dressing my in-laws put on the table had an expiration date from 2017. How do I tactfully let them know?**

This is not an uncommon phenomenon (cough, mine too, cough). But it's not your job to monitor their pantries and fridges, and people don't crave unsolicited advice. If you're truly concerned about their well-being, say something. Try a matter-of-fact approach, like "This mayo is past its prime. Should I add it to your shopping list?" Generally, the dates on food packages have to do with quality, not safety. That isn't to suggest we should all be pouring old Italian on our salads, but only that your in-laws should survive the occasional encounter.

## E.K. ASKS...

**My friend self-published a mystery novel. I bought it and gave up reading it after a few chapters. When he asked how I was liking it, I told him I hadn't finished. I have since, and it never got any better. If he asks again, what do I say? I don't want to lie, but I also don't want to hurt his feelings.**

The book is published, so now is not the time for constructive criticism. The men in my family were like, "Just lie and say you loved it." But my daughter and I are more inclined to spin the truth: Describe what you genuinely admire—that he wrote a whole novel, say, or created such an involved plot, or that it's set in a place you love. Or try being super specific, with a "I love that scene where..." Say whatever you can that's honest and positive. It's OK if he senses it wasn't your favorite. And maybe mystery isn't your genre. "I'm probably not your ideal reader," you can say, because you're not.



## HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at [modernmanners@realsimple.com](mailto:modernmanners@realsimple.com).

**A.E. ASKS...**

**My children are obsessed with scented hand lotions and perfumes. They get them as gifts and also spend their own money on them. I love that they love them, but the strong scents give me a headache. How do I set limits on something that makes my kids so happy?**

The fact that you approach your children—and their interests—with so much respect will encourage them to be accommodating too. Explain the problem, and enlist their help. “It’s great that you enjoy these creams, but they give me a headache. Can you brainstorm a solution with me?” Maybe there’s a spot in the house—a basement, closet, or patio—that could become a scent lover’s hideout. Or you could try leading the kids toward an odorless collectible, such as trading cards, cacti, or funny socks. Since this fragrance obsession will likely be a phase anyway, maybe you can help it pass a little more quickly.

**C.D. ASKS...**

**My husband’s mom lives in a memory care facility. She’s often confused and angry. She accuses the staff—many are women of color—of imagined infractions and uses racist terms when they’re in the room. What can we, her white family members, do to address this problem?**

It may be too late to change the patient’s way of thinking—but it is important to address it, says Shantay Carter, who has worked in nursing for more than 20 years. She says that for her, as a woman of color, “if the family tells the staff, ‘I’m so sorry about my mom’s behavior. This is not what we think,’ it helps more than you would know. It at least makes me feel like I’m not dealing with a whole family of racist people.” She also recommends meeting with the administration to figure out how to get your mother-in-law the best care while protecting the staff. A card or letter that says, “We’re so thankful for the care you’re giving,” would help too. As Carter puts it, “Health care workers want to know we’re appreciated.” Note: This is a good reason to challenge the racism of your relatives while they’re still of sound mind.

**D.N. ASKS...**

**People often leave bags of their dogs’ poop on a nature trail near me. How is that a better solution than just flicking the poop off the trail? Is there anything to do about it?**

Maybe they imagine there’s a dog-doo fairy who whisks the bag away and leaves their pup a shiny quarter? Baffling. To give dog walkers the benefit of the doubt, assume they mean to pick up the bag on their way back and are still out on the trail. You could also consider organizing a poo-bag cleanup. You’ll enjoy trails free of crap sacks, and—more importantly—their absence may help deter folks from leaving them. Or put up a sign reminding everyone to pack out the poop. A tip for dog owners: Clamp the bag under your windshield wiper if you don’t want it in the car on the drive home. But please do pick it up.

**ABOUT CATHERINE**

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You’re Grown Up*, Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.



Grill out  
s'more.



FAMILY

## Playing the Field

**Watching your kids compete can feel like its own high-stakes sport. Here are strategies and gear to help you bring your A game.**

BY CATHERINE NEWMAN

GETTY IMAGES

**OF COURSE YOU'RE THERE** to watch your child run and play and learn valuable lessons about winning and losing and barfing up Gatorade. But sitting on the sidelines can sometimes require you to endure rainy, under-caffeinated chitchat marathons and navigate the ins and outs of socializing with your teammates—i.e., the other parents. So now that we're heading back into bleacher season after what may have been a long time-out, how can you avoid foul territory? Try these win-win maneuvers from the experts.

## FOUL TERRITORY

### Forgetting Everybody's Name

I admit, when I meet a new person, I'm usually too busy performing my own friendliness to actually listen to their name. Luckily, other folks have actionable tips to remedy this. Jenny True, the author of *You Look Tired: An Excruciatingly Honest Guide to New Parenthood* and a mom of a 4-year-old in karate, writes the other parents' names in the note-taking app on her phone. "If I write it down, I'll remember it," she says. Christine Koh, PhD, cohost of the podcast *Edit Your Life*, whose kids play soccer and basketball, goes for transparency: "I'm so bad with names," she likes to say. "Can you please remind me of yours and who your kid is?"

## FOUL TERRITORY

### Cliques and Middle School-esque Social Anxiety

Just as it was when you were 12, it's easier to notice when you're outside a clique than when you're inside one. True addresses this with radical inclusivity: "My goal is to always sweep other people in. I'm that parent who's like, 'Hey! You're new this week! I'm Jenny! What's your name?'" For the introverts among us, however, sideline socializing can be a nightmare. Full disclosure from Koh: "I've been known to sit in the car during practices. I call them my 'soccer practice office hours.'" Try taking a page from her playbook and tell your fellow parents, "It's so great to see you! I'd love to chat more, but I have to seize this hour to catch up on some calls."

## FOUL TERRITORY

### Parents Who Gossip About the Kids

Just don't. "When parents gossip and engage in bad sideline behaviors, the children see it, and they will copy it. In one study, the more kids said their parents acted badly on the sidelines, the more they were bad sports on the field," says Nicole M. LaVoi, PhD, who directs the Tucker Center for Research on Girls & Women in Sport at the University of Minnesota. Koh—who finds her own sidelines blissfully free of gossip—says, "If that did happen in front of me, I would gently shut that down: 'Hey, let's just remember that these are all kids.'"

## FOUL TERRITORY

### Demeaning Your Own Kid for the Sake of Humility

When other parents praise your daughter's superhuman 100-meter time, you might be tempted to deflect with "Sure, she seems fast here, but you should see her unload the dishwasher." But beware false modesty, which can sound disingenuous. Etiquette expert Elaine Swann, founder of the Swann School of Protocol, recommends you graciously accept the compliment with a simple "thank you." (I'd be more likely to say, "She doesn't get it from me!" But that's only because I went to the Walter Matthau School of Accepting Compliments.) That said, there's no need to single out the kids one way or another. "The other parents and I talk routinely about how kids have different strengths on the field," Koh says. "That's the magic of a team sport, and I feel like kids and parents should embrace it."

When parents gossip and engage in bad sideline behaviors, the children see it, and they will copy it.

## FOUL TERRITORY

### Surging Adrenaline

Ideally, you already know not to break the glass at the rink or scream at the coach. But, as LaVoi explains, you shouldn't yell at all—unless it's to cheer for everybody's good plays. "We learned from research what kids want from the parents: Show up and be quiet until somebody does something good, then cheer on everybody's good plays, not just your own kid's. And do not yell or scream negative things." That means don't shout at anyone—refs, opposing team members, the dog who wandered onto the field during third down. If you're beset by the urge to behave in a way that would be stressful for your child and the other kids—what LaVoi calls "the toxic tornado"—then kindly remove yourself from the game and go chew a towel or something. To paraphrase the old motivational saying, there's no "I" in bleachers. In fact, there's not even a "we" in bleachers. Because (plot twist) it's not actually about us! It's about the kids—our precious, sweaty kids, who are out there giving everything they've got, or some of what they've got, for the glory or the fun or because you made them. It doesn't really matter why. Just cheer them on. That's your only job. (Unless today was the day you were supposed to bring the orange slices.)

## TOP GEAR

ALL THE EQUIPMENT SPORTS PARENTS NEED TO STAY COMFORTABLE, HYDRATED, AND MOTIVATED



### BLANKET STATEMENT

This lightweight, water-resistant blanket seats two to four people and folds into a roughly four-by-two-inch rectangle. To secure it for a picnic, use the built-in stakes or fill the corner pockets with sand. **TO BUY:** Matador Pocket Blanket, \$30; [matadorup.com](http://matadorup.com).



### CHILL, BABY

This sweatproof, BPA-free tumbler with a grippy silicone base keeps drinks cold or hot for hours, so you'll stay refreshed through overtime and beyond. **TO BUY:** Cold1 Tumbler 24 Oz., \$17; [reduceeveryday.com](http://reduceeveryday.com).



### OLD-SCHOOL COOL

For those all-day tournaments (or when you draw the snack-duty straw), use this reimagined classic. It's made with post-consumer plastic that comes mostly from discarded yogurt containers and milk jugs. The first production run of Ecocool coolers saved 10 football fields' worth of landfill space. Victory! **TO BUY:** Ecocool Latitude 30 Qt. Cooler, \$30; [igloocoolers.com](http://igloocoolers.com).



### REAR GUARD

This heated cushion with a rechargeable battery pack offers up to seven hours of warm and cozy comfort. You'll never complain about those freezing aluminum bleachers at the rink again. **TO BUY:** Lava Seat II, \$40; [arcticzone.com](http://arcticzone.com).



### FAN APPRECIATION

This four-inch battery-powered fan has five speeds, meaning the competition never has to see you sweat. **TO BUY:** Rechargeable Mini Fan with Stand, \$20; [brookstone.com](http://brookstone.com).



### DRY RUN

Because bleachers and umbrellas don't mix, take cover in this waterproof poncho with a drawstring hood. It weighs a little over a pound and packs neatly into a storage pouch. In six colors. **TO BUY:** Charles River Pacific Poncho, \$32; [amazon.com](http://amazon.com).



### GOING DIGITAL

This battery-powered hand warmer keeps your fingers toasty for up to nine hours. It also includes a flashlight and can charge two USB devices. **TO BUY:** Zippo Rechargeable Power Bank Hand Warmer, \$50; [bespokepost.com](http://bespokepost.com).



### SUPPORT SYSTEM

Uncomfortable bleachers are no fun for your back. Up your game with this lightweight chair, which offers lumbar support and folds to the size of a water bottle. **TO BUY:** Cliq Chair, \$100; [cliqproducts.com](http://cliqproducts.com).



TRAVEL

## Oh, the People You'll Meet

From selfless plane passengers to unlikely comrades, these memorable encounters show that every trip can lead to a new connection.

BY RACHEL SYLVESTER

### THE PRINCE I MET IN INDIA

Backpacking in India in 2014, my boyfriend and I splurged on a quiet hotel made up of bamboo bungalows, tucked away on a tranquil beach in Goa. Our second night, the hotel filled unexpectedly with guests. Workers in uniform began setting up tables and cooking stations in the sand. They built cabanas and strung up lights. The prince of a small nearby town was getting married that week, and his *sangeet*—the celebration before the wedding—was taking place that night. When the sun set and the *sangeet* began, with Hindi music and spice-laced smoke filling the air, my boyfriend and I slipped onto the beach. We were immediately greeted by the young prince and his exuberant wedding party, who offered us food and drink and an abundance of dancing, laughter, and warmth. By the end of the night, we'd been formally invited to the remaining wedding events. We arrived the next day at the best man's home, where we ate green-chutney-rubbed fish on a glass balcony overlooking the ocean. The following night, we watched the bride kick over a pot of rice at the threshold of her new home—the rambling 17th-century palace complex where we'd just attended the wedding. For three days, we'd stumble upon a magical, alternate reality that opened and closed. At the end of the week, the prince and his friends returned to their lives, and my boyfriend and I to our backpacking, with just pictures and a delirious afterglow to prove it was real. —CECILY WONG, AUTHOR OF *GASTRO OBSCURA*

### The Boy I Met in Dewey Beach, Delaware

It was the summer of 2001. I was 16 and walking on the beach with my best friend when a guy with bleached-blond tips and a shell necklace asked if we were models. Our families set up blankets next to one another, and the boy and I ended up hanging out all week. We exchanged Post-it notes with our AIM screen names before returning home (him to New York, me to Pennsylvania). We kept in touch, reconnected at a Yankees game as adults, and, 15 years after our summer at the beach, got married. I still have that Post-it. —HEATHER MUIR MAFFEI

### The Rabbi I Met En Route to Australia

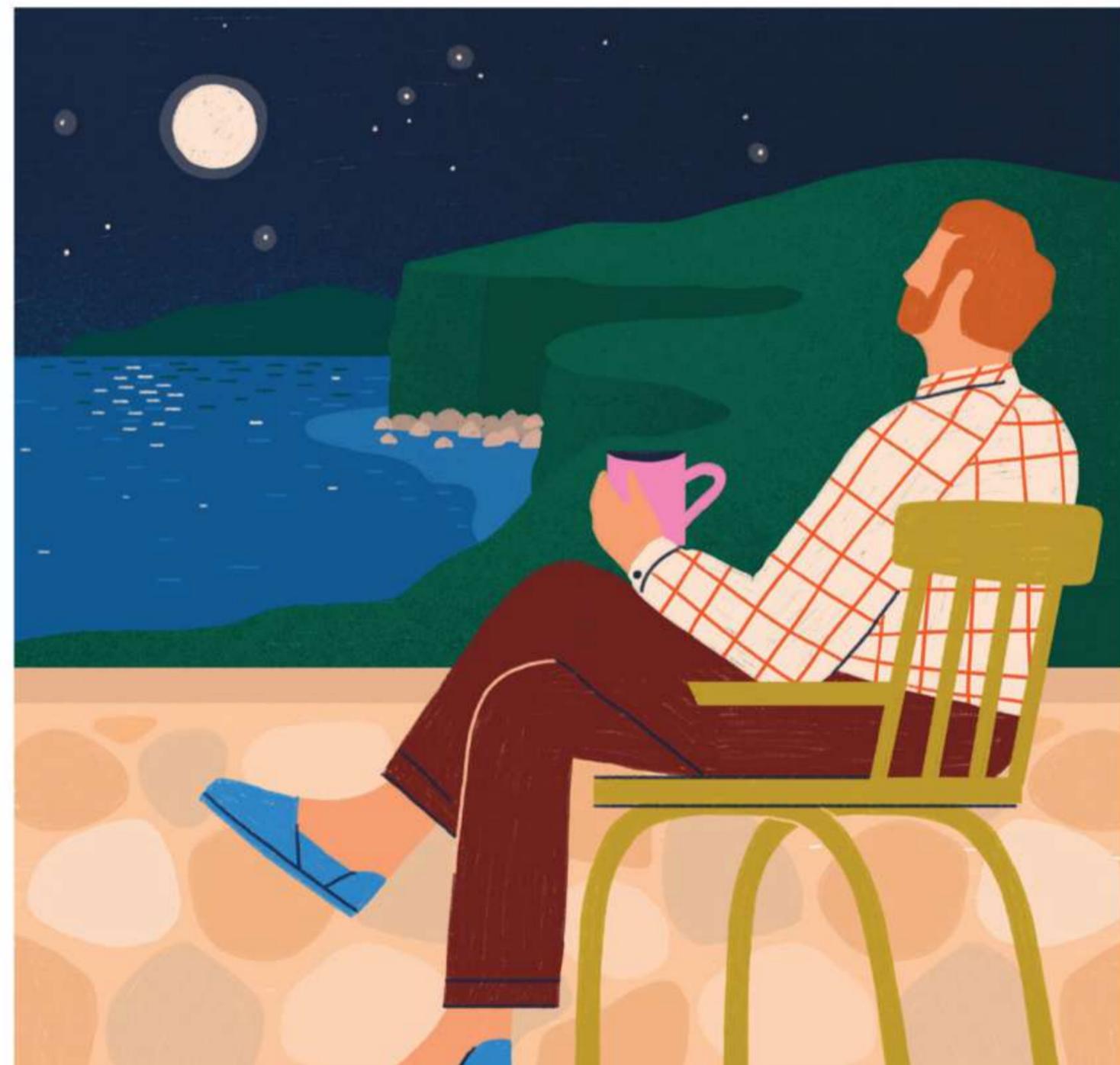
I was headed to Australia with a friend, and we had a surprise layover in Los Angeles. On the first flight, I sat next to a witty rabbi who made every unfortunate event funny. After we missed the connecting flight bound for Australia, I spent two days in L.A. with the rabbi, and we made the most of it. I've never laughed as hard or felt as carefree as I did during those 48 hours. Once we boarded the flight to Australia, I had a bad anxiety attack, because news flash: The flight is long and the plane doesn't stop. The rabbi took me to the flight attendant's room, and we played mini crossword puzzles, drank hot green tea, and ate rows of Tim Tam cookies—talk about the best medicine! The rabbi wore all black; I wore bright colors. He had a long, gray beard; I have long, blond hair. We had nothing in common, but we were friends in the moment. And that's the beauty of it.

—@HELLOITSSHANNON

### The Skier I Met in California

I sat next to an amazing 80-year-old woman on the chairlift during a ski trip once. She told me she'd had shoulder surgery earlier that year, and a hip replacement just before that. Since her husband couldn't come up the mountain anymore, she was with a girlfriend. We took a quick photo together before she hopped off the lift and sped down the hill. My hero.

—@GAILANNG



### THE INNKEEPER I MET IN IRELAND

In the late 1990s, a bed-and-breakfast owner in Dublin told me about his cottage in Westport, a small town on Ireland's west coast. He talked about having no television (or cell phone) and just the stars for entertainment. "That," he said, "is true sophistication." Now, when I look at how I choose to relax and enjoy my surroundings, I often think about how right he was. —@JBOHNENBERGER



### THE COUPLE I MET IN PRAGUE

I once shared a train cabin with an older Czech couple while traveling to visit a friend in Prague. I don't speak Czech, and they spoke no English, but they knew I couldn't read what station I was supposed to disembark at, and it was clear I was panicked. When we pulled into what looked like a pretty deserted station, they animatedly gestured that this was my stop. I paused. "Really?" I asked with my eyes. But they were adamant. I remember thinking, "This is the moment I choose to believe that people are good." I stepped off the train and the couple waved goodbye through the window. I looked around—nothing. A minute later, I heard the friend I was meeting call my name. I journaled that night about the kindness of strangers and the inherent goodness of people. It's a moment I reflect on to this day, whenever I'm wavering. The memory gives me confidence to believe my assessment of situations. Like, "OK, but remember when you trusted that Czech couple and got off the train at a station that had a different name than the one on your ticket? That all worked out just fine!" —CASSY ANDERSON

### The Woman I Met in Texas

I was at the Texas Book Festival in Austin, sitting in the back and suffering from a hot flash. A woman came in late and sat next to me, and she noticed I was sweating. She reached into her bag, handed me a black-and-purple sequined fan, and said, "Keep it." I have it on my desk as a reminder of the quiet goodness in this world.

—@CHRISCANDER

### The Family I Met in Florida

In 2000, my family vacationed in Destin. While grilling one evening in the condo development where we were staying, my father-in-law struck up a conversation with a man waiting for his turn on a grill. We ended up having dinner with his family at the picnic tables. This led to sharing beach time and more meals. By week's end, we had formed a friendship and planned on coming back the same week the following year. For two decades, we have vacationed together every year. We have become family, watching our children grow, celebrating marriages and the births of grandchildren, mourning the loss of parents, attending retirement parties, and so much more. Every other year, they travel from Florida to join us in Kentucky for Thanksgiving with our extended family. They are like family to everyone. We are thankful that all the grills were full those 20 years ago, and that God put these amazing people in our lives to share this journey.

—@ALITTLEPIECEOFKYCHP52

### The Nun I Met in Rome

I was alone in Rome, traveling on money saved from my food service job. One day, I was walking uphill with my 30-pound backpack to the Santa Maria Maggiore when I noticed a nun nearby. She was pulling a cart full of supplies on her journey uphill. While I don't speak Italian, I wanted to help her. I put out my hand and smiled, thinking I was motioning to help pull her cart. Instead, she took my hand, kissed it, and proceeded to hold it as we walked uphill to the church together. She didn't need help with her heavy load, and neither did I. We just needed to know we were in it together. —@MERMILLARD

### The Man I Met in Mississippi

On my first-ever business trip flight, I had a wonderful conversation with a man who worked for the Mississippi Highway Safety Patrol. He shared some advice that has stuck with me: "It's the people you meet and the books you read that will have the biggest influence on your life." Turns out he was right! —@OOELLENZ

### The Kid I Met in an Airport

In 2014, my husband and I took a trip to Costa Rica, where he proposed. On the way home, a little boy from Kentucky came up to us in the airport and entertained us nonstop with his hilarious jokes. He opened with, "My name is Ashby, and my parents say I'm obnoxious!" Five years later, we had our very own Ashby—our first child, named for our most memorable trip. —@CALLIE\_W\_P



### The Survivor I Met in Washington, D.C.

While visiting the United States Holocaust Memorial Museum 15 years ago, I signed up to listen to a live presentation by Morris Rosen, a holocaust survivor. I was so moved by his story that I began sobbing. I knew I had to tell this man how he made me feel. Morris thought I was Jewish since I was so moved, but I explained I was not. Our conversation turned into a friendship that lasted until he passed away last December. We would talk on the phone every Christmas and Hanukkah and exchange cards and notes. He always sent me special news clippings and mementos. I'll remember him fondly and treasure the impact he made on my life. —@STORMSAVESTHEWORLD

### THE WRITER I MET IN BALI

Nothing sucks the fun out of a far-away vacation quite like leaving your bathing suit at home. I learned this the hard way a decade ago, when I found myself suitless during a week-long stay in Bali, where I was on a writing assignment. I was barely 22, broke, and in no position to fork over \$300 for the overpriced bikini mocking me from the window of the resort's boutique. Feeling defeated, I walked to the pool, where I struck up a conversation with a Swedish woman with a warm smile and a cold mai tai. She turned out to be a fellow writer, and as we swapped stories, I expressed my frustration about forgetting my swimsuit. To my surprise, she stopped me midsentence and offered to loan me her backup bikini for the week. I've never felt as grateful for a kind gesture as I did while floating on my back in the Bali Sea.

—RACHEL SYLVESTER



# STYLING SOLUTIONS FOR TRICKY SPOTS

DO YOU HAVE TOO MANY THROW PILLOWS—OR NOT ENOUGH? WE GET TO THE BOTTOM OF THIS AND OTHER COMMON DECOR CONUNDRUMS.

BY *Lee Mayer & Emily Motayed*

PHOTOGRAPHS BY  
*Christopher Testani*

STYLING BY  
*Stephanie Yeh*

Design is in the details. It can be hard to describe, but you know it when you see it: that inviting sofa with the perfect throw blanket, the bar cart displaying a collector's passion for cool glassware, the bookcase that's packed with as much personality as paperbacks. Essentially, style can be the difference between a nice-enough arrangement of furniture and the place you love to go home to. The best way to bring out your personal vibe is to follow your heart—and a few basic styling guidelines.

# In the Living Room

## STYLE YOUR SOFA

Throw pillows can completely change the look of a space. The key to pillows is mixing and matching colors, textures, and patterns.

Start by arranging your largest pillows at the back of the sofa or at anchor points, like near the arms or at the corner of a sectional. As you layer them forward, gradually decrease the pillows' sizes. If you have a lot of square pillows, add a small rectangular lumbar or boudoir pillow to create multiple levels.

When mixing pillows with different patterns, make sure the scales don't compete: Try one large pattern, one smaller pattern, and either a solid color or a midsize pattern. If you look at your pillows from a distance and can't tell the patterns apart, they're likely too similar.

Your pillows should be in a coordinating color scheme, but you want to avoid feeling too matchy. Some combinations we love:



### NEUTRAL PILLOWS WITH

**DIFFERENT TEXTURES—** some with chunky detailing, some in a casual linen weave, and a few embroidered ones.

### COLORFUL, PREPPY

**PILLOWS** in a high-contrast complementary palette—offset by one pillow with a pink pattern.

### POPS OF COLOR AND

**PATTERN** mixed with neutrals.

## STYLE YOUR BAR CART

Whether your bar cart is a piece of furniture or just a setup on the sideboard when friends come over, here's how to create a beautiful and functional arrangement.

**Select only the prettiest liquors to put on display. Keep the rest in a nearby cabinet.**

**Use trays to corral supplies, like a cocktail shaker, bottle opener, and muddler.**

**Add color with fruit and reusable metal straws and stir sticks.**

**Finish with small framed art or a houseplant for greenery.**

### PRO TIP

Drape a throw blanket over the shoulder of your sofa for a cozy look.



## STYLE YOUR COFFEE TABLE

Mentally divide the table into three sections, and fill each with a group of items of varying heights and widths. Choose a statement piece for the table—a candle helps set the mood, while books or art can be a conversation starter—then arrange colors to complement that piece. You don't have to stick to one shade, but staying within a scheme will help you create a cohesive arrangement.



When arranging your bed, follow the same pillow-mixing formulas recommended for your sofa.

# In the Bedroom

## STYLE YOUR BED

“Styling” is simply the design-minded way of making the bed. So lay a flat sheet over a fitted sheet and fold it down at the top. Add a quilt (optional), then a duvet, folding it a third of the way down the bed. There should be at least two standard sleeping pillows per person; stack them flat on each side of the bed. Then you’ll want to create a pillow combination. Here are a few arrangements that won’t overload the bed, but will add coziness and comfort:

### FOR A LAYERED LOOK,

**TRY...** Two Euro pillows for height, two square throw pillows (about 20 inches) in a different shade or pattern, plus one lumbar pillow in a different shade, pattern, or texture.

### FOR A CASUAL DISPLAY,

**TRY...** Four or five pillows with coordinating colors and patterns in a variety of sizes: one Euro, one or two square pillows between 22 and 24 inches, one 20-inch square pillow, and a lumbar pillow in front.

### FOR A CRISP, HOTEL-INSPIRED FEEL, TRY...

Two standard or Euro shams in white with solid trim, plus one lumbar or bolster pillow.

### PRO TIP

Bring books to the front edge of the shelf for a fuller effect.

## STYLE YOUR BOOKSHELF

Identify a mix of books that reflect your personality while also keeping in mind how they will look on your shelf. Create anchor points: Stack larger books in groups of two to four, lean some books against the sides of the shelf, and use decorative objects as bookends for smaller volumes.



Adapted from *Design the Home You Love* by Lee Mayer and Emily Motayed. Copyright © 2021 by Lee Mayer and Emily Motayed. Published by Ten Speed Press, an imprint of Random House, a division of Penguin Random House LLC.



# *melon to the max*

Just when you're berried and peached out, along comes juicy, peak season melon. These creative and colorful recipes prove its uses go way beyond fruit salad.

By *Julia Levy* Photographs by *Victor Protasio*



## *honeydew mojitos*

Brightness in a glass: Sweet honeydew, tangy lime, and a kick of rum are tied together with fragrant mint.



## GRILLED CANTALOUE & PROSCIUTTO SKEWERS

Served as a starter or a main, these are almost impossible to stop eating. Swap in feta if you can't find Halloumi, a popular Mediterranean cheese that holds up well on the grill.

## Honeydew Mojitos

ACTIVE TIME 15 MINUTES  
TOTAL TIME 15 MINUTES  
SERVES 4

3 cups chopped honeydew melon (from 1 melon), plus thin melon wedges for garnish  
3/4 cup (6 oz.) white rum  
1/4 cup packed fresh mint leaves, plus sprigs for garnish  
2 cups crushed ice, plus more for filling glasses  
1/2 cup fresh lime juice (from 5 limes)  
1 Tbsp. plus 1 tsp. light agave nectar

**PROCESS** chopped honeydew in a blender until smooth, about 20 seconds.

**PLACE** rum and mint leaves in a large cocktail shaker. Muddle with the bottom of a wooden spoon or a muddler until mint starts to break down, about 1 minute. Add honeydew puree, crushed ice, lime juice, and agave. Shake until chilled, about 15 seconds.

**FILL** 4 glasses with more crushed ice; strain honeydew mixture evenly into glasses. Garnish with mint sprigs and melon wedges.

## Grilled Cantaloupe & Prosciutto Skewers

ACTIVE TIME 25 MINUTES  
TOTAL TIME 25 MINUTES  
SERVES 6 AS A MEAL OR 12 AS AN APPETIZER

Olive oil, for grill grates and brushing  
24 1-in. cubes cantaloupe (from 1 firm-ripe cantaloupe)  
12 fresh mint leaves, plus torn mint for serving  
6 thin slices prosciutto (about 4 oz.), cut in half lengthwise  
24 1-in. cubes Halloumi cheese (from 1 lb. Halloumi)  
24 1-in. cubes ciabatta bread (from 6 oz. ciabatta)  
2 Tbsp. balsamic glaze

**PREHEAT** grill to medium-high (400°F to 450°F) and lightly oil grates. Wrap 12 cantaloupe cubes each with 1 mint leaf, then with 1 prosciutto piece. Thread 1 wrapped cantaloupe cube, 1 unwrapped cantaloupe cube, 1 Halloumi cube, and 1 bread cube onto each of 24 (8 inch) presoaked skewers (add more pieces to larger skewers). Brush with oil.

**PLACE** skewers on grill grates. Grill, uncovered, flipping once, until grill marks appear on both sides, about 1 minute per side. Transfer skewers to a platter. Drizzle with balsamic glaze and top with torn mint.

## Watermelon Poke Bowls

ACTIVE TIME 35 MINUTES  
TOTAL TIME 50 MINUTES  
SERVES 4

2 Tbsp. toasted sesame oil  
1 1/2 Tbsp. mirin (Japanese rice wine)  
1 1/2 Tbsp. fresh lime juice (from 1 lime)  
1 Tbsp. plus 1 tsp. low-sodium soy sauce or tamari  
2 tsp. grated fresh ginger  
2 tsp. chili-garlic sauce  
1/4 cup unseasoned rice vinegar, divided  
3 cups 1/2-in. cubes watermelon (from 1 seedless watermelon)  
1 cup white sushi rice, well rinsed  
2 tsp. granulated sugar  
3/4 tsp. kosher salt  
1/2 cup mayonnaise  
1 1/2 Tbsp. sriracha  
1 avocado, sliced  
1 cup matchstick carrots  
1 cup thinly sliced English cucumber (from 1 cucumber)  
Optional toppings: pickled ginger, thinly sliced jalapeños, toasted black and white sesame seeds

**WHISK** oil, mirin, lime juice, soy sauce, grated ginger, chili-garlic sauce, and 2 tablespoons vinegar in a large bowl. Gently fold in watermelon cubes. Let stand at room temperature, stirring occasionally, for 20 minutes.

**MEANWHILE**, place 1 1/2 cups water and rice in a small saucepan; bring to a boil over medium-high. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 15 to 20 minutes. Remove from heat. Let stand, covered, for 10 minutes.

**STIR** sugar, salt, and remaining 2 tablespoons vinegar in a small bowl. Gently fold into cooked rice.

**MIX** mayonnaise and sriracha in a small bowl. Serve rice in bowls topped with marinated watermelon, avocado, carrots, and cucumber. Drizzle with sriracha mayonnaise. Serve with desired toppings.

### *watermelon poke bowls*

Watermelon stands in for raw tuna in this twist on the traditional Hawaiian poke bowl. Marinated in a lime-soy mixture, the fruit becomes lip-smackingly delicious with rice and veggies.





WATERMELON  
SALAD WITH  
PICKLED RIND

A quick pickle of rind adds  
crunch and punch to this  
showstopper. More flavor  
and less waste?  
Yes, please!





*cantaloupe-  
coconut ice pops*

These creamy ice pops  
get an undercurrent of  
herby goodness from  
fresh basil.

## Watermelon Salad with Pickled Rind

ACTIVE TIME 30 MINUTES  
TOTAL TIME 2 HOURS, 30 MINUTES  
SERVES 8

1 seedless watermelon (about 3 lb.)  
1 cup apple cider vinegar  
3/4 cup granulated sugar  
1 Tbsp. plus 1 tsp. kosher salt  
1 tsp. yellow mustard seeds  
1 tsp. crushed red pepper  
1/2 tsp. freshly ground black pepper, plus more for serving  
8 oz. feta cheese, crumbled (about 2 cups)  
1 cup plain whole-milk Greek yogurt  
1/4 cup plus 2 Tbsp. heavy whipping cream  
1/4 cup fresh lemon juice (from 2 lemons)  
3 cups baby arugula  
1/4 cup chopped roasted, salted pistachios  
Flaky sea salt, for serving  
2 Tbsp. olive oil

**REMOVE** outer green rind from watermelon with a vegetable peeler. Trim off ends. With watermelon standing upright, carefully cut white rind away from flesh. Place watermelon in a bowl or plate to avoid drips; cover and refrigerate until ready to use.

**CHOP** rind into 1/2-inch cubes. Stir vinegar, 1 cup water, sugar, kosher salt, mustard seeds, crushed red pepper, and black pepper in a saucepan. Bring to a boil over medium-high; boil for 1 minute. Remove from heat and add rind cubes. Let stand at room temperature, uncovered, for 1 hour. Refrigerate in liquid for 1 hour. (Pickled rind may be refrigerated in pickling liquid for up to 2 weeks.)

**MEANWHILE**, process feta, yogurt, and whipping cream in a food processor until smooth, about 30 seconds. Add lemon juice; process until combined, about 15 seconds. Cover and refrigerate until ready to use (up to 3 days).

**QUARTER** whole watermelon lengthwise and cut into slices. Spread whipped feta onto a large platter. Top with watermelon slices and arugula. Sprinkle with pistachios, desired amount of pickled rind, flaky sea salt, and black pepper. Drizzle with oil.

## Honeydew & Blackberry Ice Cream Sundaes

ACTIVE TIME 20 MINUTES  
TOTAL TIME 35 MINUTES  
SERVES 6

3/4 cup granulated sugar  
1/4 cup honey  
1/8 tsp. kosher salt  
1 cup sesame seeds  
1/2 cup raw sliced almonds  
1 1/2 tsp. unsalted butter  
1/2 tsp. toasted sesame oil  
1/4 tsp. baking soda  
1 firm-ripe honeydew melon  
2 pints blackberry ice cream (such as Jeni's or Häagen-Dazs)  
1/2 tsp. flaky sea salt

**LINE** a baking sheet with a silicone mat or parchment paper. Stir sugar, honey, 1 tablespoon water, and kosher salt in a small, heavy-bottomed saucepan. Cook over medium, stirring constantly, until sugar and honey are dissolved, about 30 seconds. Stir in sesame seeds and almonds; cook, stirring often, until mixture turns amber (or reaches 300°F on a candy thermometer), 5 to 7 minutes.

**REMOVE** from heat. Stir in butter and oil until butter is melted. Working very quickly, stir in baking soda (mixture will foam a bit). Immediately pour onto prepared baking sheet. Slightly tilt baking sheet from side to side to help spread mixture evenly. Let cool until completely hardened, 15 to 20 minutes. Break into pieces. (Brittle may be stored in an airtight container at room temperature for up to 5 days.)

**MEANWHILE**, cut melon in half; remove and discard seeds. Using a melon baller, scoop out 36 balls (or cut into cubes). Place 2 scoops of ice cream and 6 melon balls in each of 6 bowls. Sprinkle evenly with flaky sea salt and serve with brittle.

## Cantaloupe-Coconut Ice Pops

ACTIVE TIME 20 MINUTES  
TOTAL TIME 5 HOURS, 40 MINUTES  
(INCLUDES FREEZING)  
SERVES 10

2 1/2 cups chopped ripe cantaloupe (from 1 cantaloupe)  
1 13.66-oz. can unsweetened coconut cream, well shaken and stirred  
1/4 cup granulated sugar  
3 large sprigs basil  
1 tsp. lime zest (from 1 lime)  
1/4 cup toasted unsweetened shredded coconut

**PROCESS** chopped cantaloupe in a blender until smooth, about 30 seconds. Pour puree evenly into 10 (3 ounce) ice pop molds, filling each mold about halfway. Freeze until mostly set, about 30 minutes.

**MEANWHILE**, stir coconut cream, sugar, and basil in a small saucepan. Cook over medium until sugar is dissolved and basil is fragrant, about 4 minutes. Remove from heat; remove and discard basil. Stir in lime zest. Let mixture cool to room temperature, about 20 minutes.

**REMOVE** ice pop molds from freezer. Pour coconut cream mixture evenly into molds over cantaloupe layer. Freeze until tops are slightly set, about 1 hour.

**REMOVE** ice pop molds from freezer. Sprinkle tops evenly with shredded coconut and insert pop sticks into molds. Freeze until completely frozen, about 4 hours.



### HONEYDEW & BLACKBERRY ICE CREAM SUNDAE

This summery dessert features a surprisingly scrumptious duo of honeydew and blackberry.

A simple brittle adds nuttiness to round it out.





If you've gotten comfortable being comfy, the thought of putting on a full face of makeup or doing your whole hair routine might be overwhelming. These minimalist looks will make you feel pulled together as you transition from couch to cubicle.

BY HEATHER MUIR MAFFEI    PHOTOGRAPHS BY FELIX WONG



## FLUTTERY FRINGE

A little mascara is truly all it takes to look polished (opposite page). For clump-free upper and lower lashes, gently wiggle the wand from root to tip in a zigzag motion.

This deposits mascara at your lash line and gives the illusion you're wearing liner.

Clean up any stray dots with a cotton swab.

## SIMPLY SKIN

To even out your complexion, you just need a few swipes of strategically placed—then smudged—concealer.

Layer it over moisturizer and a glycolic acid toner (which helps cover-up melt in) to get downright dewy. Makeup artist Jenny Patinkin suggests using your fingers to blend concealer under your eyes, between your brows, around your nose, and on your chin.



## LINED LIPS REDUX

For a modern twist on '90s lined lips, use a pinky brown pencil (like MAC Cosmetics Lip Liner in Cork, \$18; [maccosmetics.com](http://maccosmetics.com)) to slightly overdraw your lips. Then dab your finger over the edges to blur and fake fullness. Top with clear gloss.

FASHION, IN ORDER OF APPEARANCE: POPPY TOP, \$250; MARAHOFFMAN.COM. INFINITY NECKLACE, \$42; NOONDAYCOLLECTION.COM. POINTELLE 3/4 SLEEVE SWEATER, \$64.50; ANNATAYLOR.COM. EMILIANA TOP, \$295; MARAHOFFMAN.COM. IN NEW CIRCLES 18K GOLD PLATED DANGLE EARRINGS, \$45; ETIKA.COM. FERAZIA DENIM JACKET, \$495; BYALONA.COM. CAVIAR COLOR GEMSTONE STACKING RING, \$127.50; VERONICA BEARD.COM. DELPHINE RING, \$127.50; REBECCATAYLOR.COM. MINI PEARL HOOPS, \$70; ENESEA.COM.AU. PINA EMBROIDERED SHIRT, \$295; ENESEA.COM.AU. SLEEVELESS TIE WAIST SWEATER DRESS, \$160; ANNATAYLOR.COM. GOLD HOOPS, \$70; ENESEA.COM.AU.



## NEARLY NAKED NAILS

A single coat of a neutral polish (like Deborah Lippmann Gel Lab Pro in Naked, \$20; [sephora.com](http://sephora.com)) dries quickly and is so sheer it resists chips. Even if you do get a nick, it's virtually invisible.



## A FINE LINE

The skinniest outline of creamy eye pencil makes your peepers look full and defined. (We like Charlotte

Tilbury Eye Colour Magic Liner Duo in Super Blue, \$30; [charlottetilbury.com](http://charlottetilbury.com).)

Carefully trace your top and bottom waterlines by gently holding your lids and drawing dashes along the fleshy part for a nice, smooth stroke.



## PROFESH, BUT MAKE IT PLUSH

If you can't stomach the idea of putting on "hard pants" just yet, try one of these trades when you head back to work.

### SWAP YOUR BRALETTE FOR...

**The Cozy Adjustable Bra** (\$35; [floatley.com](http://floatley.com)). It's incredibly supportive despite the lack of underwire.

### SWAP LEGGINGS FOR...

The wrinkle-resistant **Colby Joggers** (\$195; [mmlafleur.com](http://mmlafleur.com)). They look like fitted capris but feel like sweats—perfect for commuting.

### SWAP SNEAKERS FOR...

The slip-on **Pure 2 Mules** (\$120; [clarksusa.com](http://clarksusa.com)). With lots of cushioning and supportive soles, they provide all-day comfort.

## IMPERFECT PONY

After months of infrequent washing and drying, your hair has never been healthier. Good news: You don't need to return to daily shampooing. A loose, low pony looks effortlessly chic—not disheveled. Add body with R+Co Balloon Dry Volume Spray (\$32; [bluemercury.com](http://bluemercury.com)).



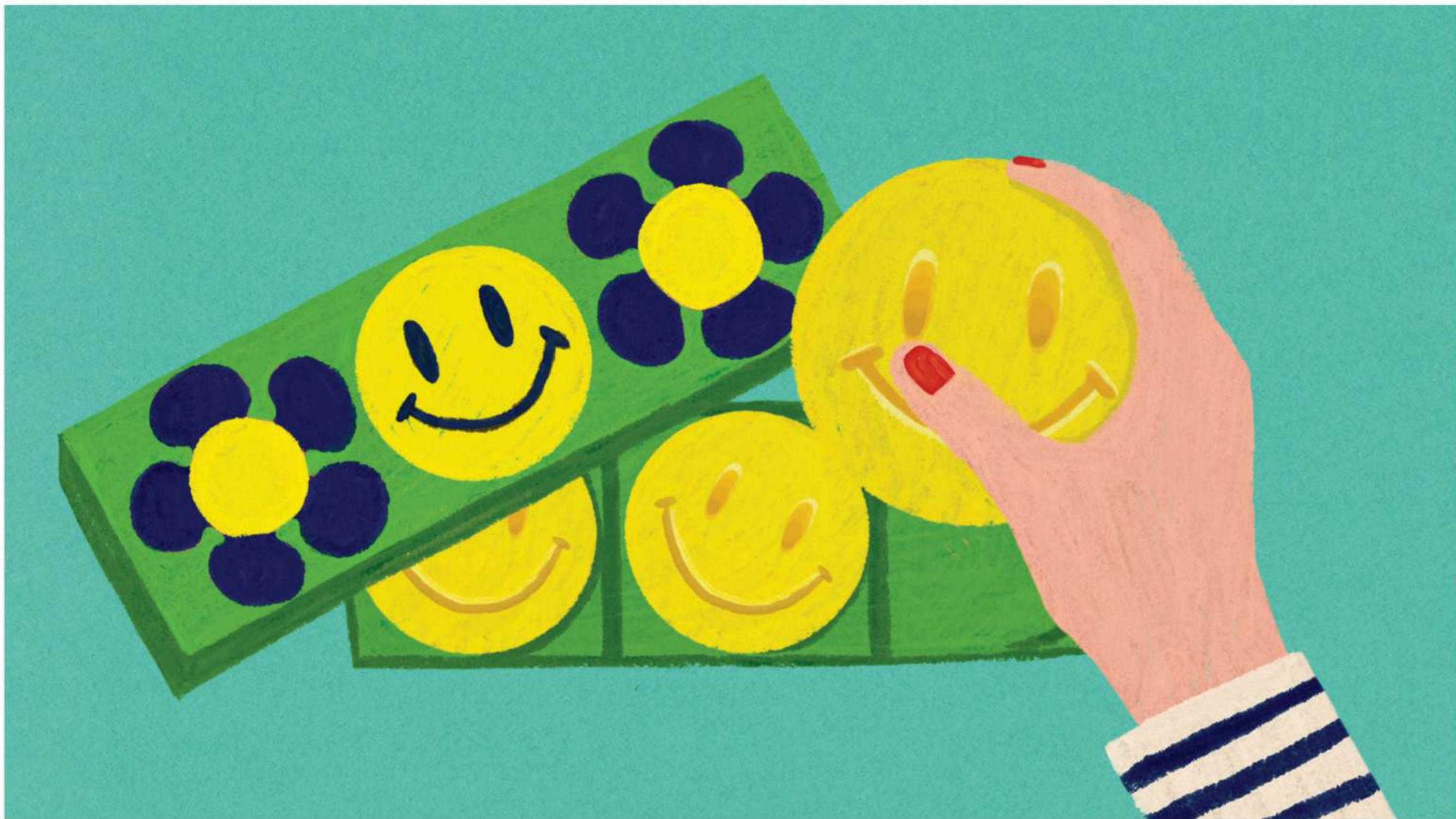


# End of an Heirloom

THE NO-GUILT, GET-OVER-IT GUIDE TO HONORING SENTIMENTAL STUFF

**S**orting through family relics can present powerful dilemmas. What to do with that ratty teddy bear? (But he's so precious!) The Wedgwood china your grandmother collected as a hopeful young bride? (The fact is, you usually eat on the couch.) Your great aunt's 428-piece Christmas village? (You'll proudly display it once you've built an extra wing on your house.) Fear not! We asked declutterers to share how they grappled with the emotionally loaded stuff—whether they chose to treasure it or let it go.

ILLUSTRATIONS BY ANNE BENTLEY



## I Learned to Lighten Up

BY AMY MACLIN

**I**USED TO BELIEVE that every time I threw away a greeting card, an angel lost its wings. But over the years, I came to embrace the decluttering gospel: Stuff is just stuff. That birthday card from my aunt Emma was not my aunt Emma. I could thank hideous gifted scarves for their service, drop them into the Goodwill bin, and move on with my life.

A few years ago, though, my decluttering mettle was tested when my parents sold the house I grew up in and, shortly after the sale, got divorced. (This was kind of a surprise and kind of not. They split up the way the guy in *The Sun Also Rises* went bankrupt: "gradually and then suddenly.") My mother embarked on what was less a downsizing effort than a scorched-earth campaign. She was like one of our pioneer ancestors, chucking trunks and grandfather clocks out of her covered wagon as she headed

west. "When I kick on out of here, I don't want you to have to fool with anything!" she'd shriek. "I'm giving you a gift!" It was her gonzo version of Swedish death cleaning, the gentle art of getting your possessions in order so your family doesn't have to agonize over them later.

And yet, when I flew from New York to Tennessee and saw her pretty little birdcage of an apartment, I did feel the tiniest bit...agonized. Where were the desert-rose-patterned plates from which I'd eaten all that Lean Cuisine? The encyclopedias I'd used to plagiarize all those school reports? And where was my wedding dress? I hadn't been in touch with my ex-husband in years, but it was creepy to imagine the gown in which I'd plighted my troth languishing in some thrift store, absorbing that thrift store smell of funk and flat 7Up. What if strangers pawed and poked fun at the leg-of-mutton sleeves and seed pearls? What right had they? It was 1992! I was a child bride!

THERE IS NOTHING LIKE MOVING  
TO MAKE YOU REALIZE  
HOW MUCH YOU OWN, AND HOW  
SUPERFLUOUS MOST OF IT IS.

I didn't have the will or the way to haul any of that stuff back to my tiny cracker-box apartment, but here is the mortifying thing about having newly divorced parents when you are 44 years old: No one is taking you out for ice cream to talk about Feelings or carting you off to family therapy. But part of you becomes a child again, forlorn and displaced. The family civilization that gave rise to you has fallen, and ours had left no artifacts behind.

With time, I got over it. But last fall, my husband and I moved, and I *really* got over it. This was seven months into the pandemic, that surreal time of sirens and guerilla grocery store runs and sitting in that little cracker box day after day. We were moving because I wasn't sure I'd have a job to return to, and we needed to be closer to my husband's office in New Jersey. There is nothing like wrapping all your possessions in Bubble Wrap to make you realize exactly how much you own, and exactly how superfluous most of it is. During those long afternoons of bundling and taping, I'd sometimes idly fantasize about just setting everything on fire. As I wearily filled box after box, I realized that I'd never been happier I didn't have to pack a bunch of encyclopedias, and that those pioneers dumping their treasured family heirlooms onto the plains and prairies, though their hearts must have broken, surely felt a split-second rush of exhilaration as they pushed that heavy chifforobe out of the wagon and got on with their future. I hoped a fabulous drag queen discovered my seed-pearl wedding dress, and I hoped she made something fierce.

My mom did save some things. As I was packing, I found a box of round soaps shaped like those smiley faces that were everywhere in the '70s. They're covered in grooves and divots where I clawed them with my little fingers. She'd asked my dad to bring them to me the last time he visited me in New York, right before the fall of our family empire, which in retrospect may not have been so much of a coincidence. The soaps are better than any desert rose gravy boat. She kept them so my perimenopausal self could hold them again one day, like holding my own childhood hands.



## CONSCIOUS UNCOUPLING

### How to make parting sweet, not sorrowful

If you struggle to say goodbye to items, Laura Moore, a professional organizer and the creator of the ClutterClarity Way, advises reframing: "Don't think of it as getting rid of stuff, which sounds disrespectful. You're taking care of your stuff in a way that feels good." More commandments for letting go with love:

**IF YOU THROW AWAY IN HASTE, YOU REGRET AT LEISURE** Rushed decisions may lead to remorse. "There's power in pausing," Moore says. "Slow down, stay in the moment, and think things through. Decluttering isn't about being attached to the past or afraid of the future. If we take care of the present, the future takes care of itself."

**SOMETIMES A CIGAR BOX IS JUST A CIGAR BOX** Though your father may have loved it, letting it go is not the same as letting *him* go. "The object is not the person," Moore says.

**BROADEN YOUR HORIZONS** Are you keeping Cousin Eunice's wedding china out of sheer guilt? "Attach yourself to your highest motivation," Moore says. "Put yourself in a context bigger than your own ego, and think of the person who will love those dishes."

**A PICTURE IS WORTH A THOUSAND...  
SQUARE FEET OF STORAGE SPACE**  
"Photographing the things you're parting with can be liberating," says Mark McClure, co-owner of Caring Transitions of Greater Nashville, which helps seniors downsize. "It comforts our clients to know they can scroll through images of beloved items that have found new forever homes."



# I Became the Curator of Our Family History

BY MELISSA HART

**I**'M SQUINTING AT A century-old photograph of my great-grandma Mary pirouetting atop an elephant. During the pandemic, this was my self-care. Instead of doing yoga or at-home mani-pedis, I spent hours organizing hundreds of scallop-edged black-and-white photos from my great-grandparents' days in the circus and vaudeville.

I became the family historian by default, after my mother died recently and I inherited her three suitcases full of pictures and newspaper clippings. My sister finds

IN AN ERA OF FEAR,  
SELF-CARE CAN BE ANYTHING  
THAT REMINDS US OF  
WHO WE WERE AND WHO  
WE'LL BE AGAIN.

our bizarre showbiz ancestors irrelevant to her elegant lifestyle. My brother has Down syndrome and only has eyes for his *GQ* subscription. Without our mother to ground us, we've spun apart, flung into separate parts of the country in our centrifugal grief. My sister got the family silver; I got the leather cap my grandfather made to balance upside down on a rigging 20 feet in the air.

To be honest, I'd been coveting that cap for decades. I grew up hearing about how he ran away from his father's sanitarium to join Howe's Great London Circus. There, he met my great-grandmother, who'd left her family's farm in Missouri to become a bareback rider. They didn't fall in love. They didn't even like each other. But they shared a ferocious ambition and a kindred comedic timing, so they married and put together a juggling and wire-walking act, billing themselves as Hap Hazard the Careless Comedian and Mary Hart Who Cares Less.

Mary was Hap's straight man, eye candy who set up his jokes and handed him his juggling pins. I have photos of their two-passenger plane with my great-grandfather's name painted on the wings (when they flew the plane upside down, people below could read the words "Hap Hazard"), pictures from their vaudeville career and USO shows. Professional photo organizers charge big bucks to categorize and preserve. I didn't have the money for that. What I had, in that slow season, was time.

As a child and then a teenager, when I'd visit Mary after my parents' painful divorce, these artifacts she pulled out centered and saved me. *I come from big-hearted, hilarious circus people.* It's the same mantra I recite now through fresh grief, buoyed by the faces of my relatives spread out on the floor around me.

In an era of anxiety and fear, self-care can be anything that reminds us of where we came from, who we were, and who we'll be again. And so I'll take the time to slip photos into envelopes labeled "Hap & Mary," "Vaudeville Friends," and "Unidentified Weird Circus People." And I'll meditate on how they fit into my life as well, providing comfort and light in the darkness.

# I Framed the Best Specimens

BY RORY EVANS

**A**FEW WEEKS AFTER my daughter, Evan, was born, as I witnessed a neighbor having a vigorous, *Real Housewives*-style knockdown drag-out with her double stroller, I recognized my own limitations, and I realized Evan would be an only child. And an only toddler, an only baby, an only infant. Knowing that I was walking this path just once, starting at age 40, heightened the sentimentality that already roiled within me.

Evan's every first also marked the end of something for me. The first time she slept through the night was also the last time I had an infant who gazed up at me lovingly as



## PROTECTING AND PRESERVING

Ways to give new life to old treasures

### YOUR SON'S COLLEGE T-SHIRTS

Project Repat turns your old T-shirts (or jerseys or cheerleading uniforms) into a fleece-backed quilt, made by workers earning a fair wage in the United States. (From \$75 for a lap quilt; [projectrepat.com](http://projectrepat.com))

### YOUR GRANDMOTHER'S COSTUME JEWELRY

"My grandmother had a huge collection of clip-on earrings and snowman brooches, and though my cousin and I would never have worn them, we wanted to keep them all," says Martha Upton, associate editor at **REAL SIMPLE**. "So last Christmas, my mom and aunt surprised us with framed Christmas trees made from my grandmother's costume jewelry, using fabric glue on velvet backing. Each tree is unique, and each Upton woman has her own."

### YOUR BABY'S BUNNY-FOOT PAJAMAS

Search Etsy for "memory bear" and you'll find talented sewers who can turn pj's into a stuffed animal almost as snuggly as your little peanut. You can also do this with Grandpa's flannel or your old wedding dress—or go for a memory pillow.

### YOUR AUNT'S BLUE WILLOW TEACUPS

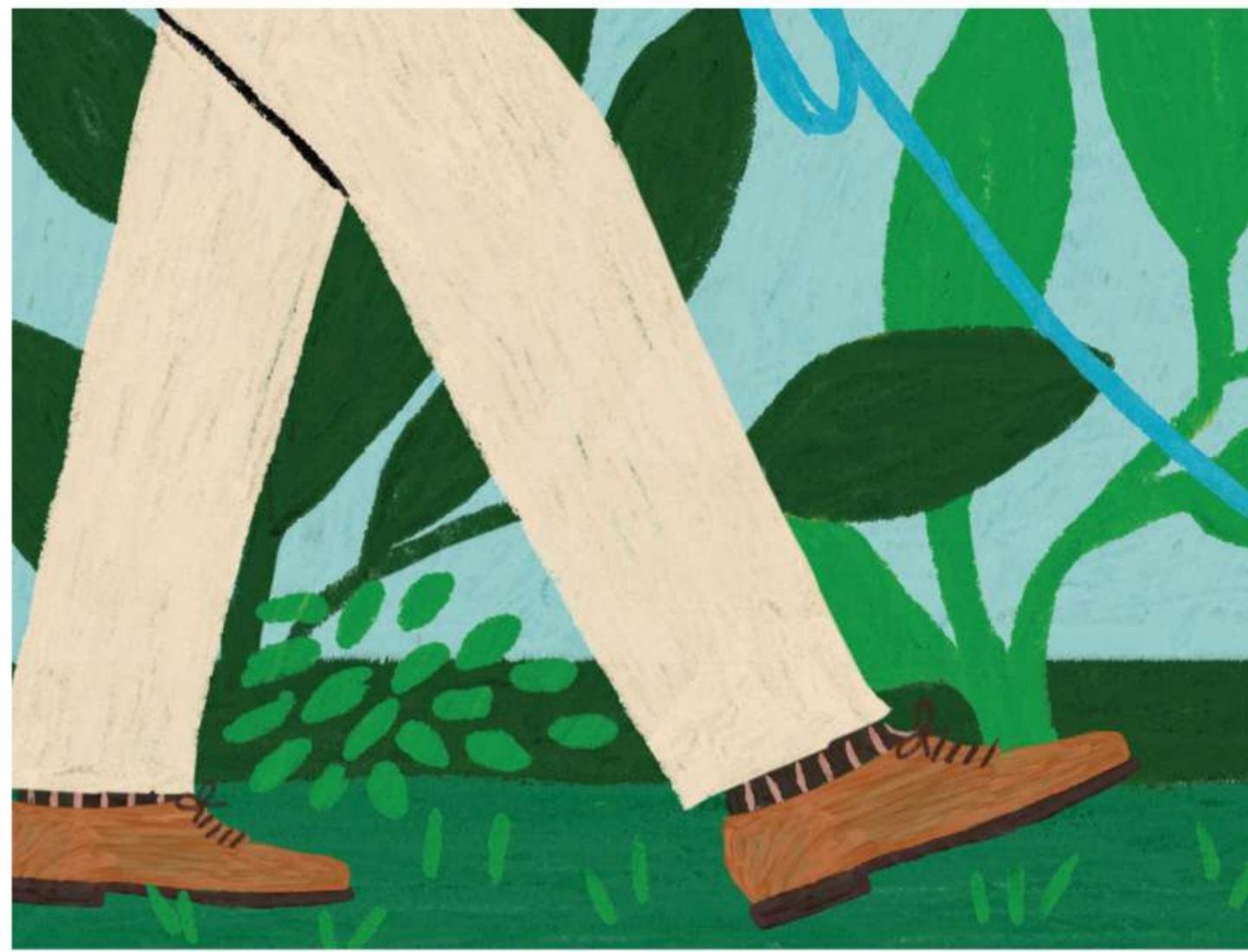
"Break them into pieces and give them to a mosaic artist," Moore suggests. Or try a little DIY and glue them onto a picture frame, the edge of a mirror, a planter, or a vase.

she chugged formula at 1 a.m. Graduation from diapers meant I'd never again hear her declare, in her tiny toddler voice, "I need a new bum." As her babyhood slipped through my fingers, I held on to any smallness I could, leaving me with an ever-expanding pile of her outgrown clothes. I kept what my husband referred to as her "signature looks"—the striped pants (0 to 3 months) she squeezed herself into until she was in pre-K, the Fruit of the Loom thermal one-piece she wore to her first morning of daycare, a green cardigan (6 to 9 months) that made her look like our grandfathers, and so many little dresses.

Evan's fashion archive was an obvious rejection of my parents' habits: My mother chucked virtually everything my three sisters and I wore. She'd pass along hand-me-downs when they were still warm from our bodies, even the clothes she sewed herself—Liberty-print pinafore shifts, or coordinating sister lewks Von Trapped from a bolt of green gabardine for an Olan Mills portrait. Pair that with my dad, who, with the exception of his politics, abhors anything old. That guy can turn any casual traipse through a garage into a heartless sweep.

As the years went by, the archive of cuteness chomped up more and more space in Evan's small bedroom. It outgrew the largest Ziploc Space Bag, then another, then a third. Stuffed into a seat box, several pieces—including that grandpa sweater—were nibbled by some insect (or mammal?). Even my tender heart and I realized something had to give. And by give, I mean go.

I dumped every bag onto the floor, so I was literally wading through the memories. Then I channeled the ruthless efficiency of Alice and Kendall H. Evans and considered each item. I made a relieved discovery: I'd mistakenly thought, when she was 3 months old, 3 years old, a kindergartner, a second grader, that I was preserving her cutest age. But Evan had kept proving to me, every week, every day, that all her ages are cute. As such, I plowed through so many cubic feet, sorting clothes into bags for donation and hand-me-downs. For the keepers, I allowed myself one 30-gallon storage container and two shadow boxes. Honoring as art a few signature looks, specimens that so perfectly capture the essence of her then but also hint at who she's becoming, made the donations bearable. And it's likely no accident that I framed secondhand dresses—a smock baby dress from the '60s I got at a rummage sale for a quarter, a '70s maxi dress in a Pennsylvania Dutch print—that could honor my childhood as much as hers.



## I Got Resourceful and Reminisced

BY LIZ VACCARIELLO

**L**IKE SO MANY OF US, I used the time in lockdown to do a pandemic purge. I was ruthless, tossing dresses from 30 pounds ago, papers from various jobs, books I'd never read. After I was done with the sorting and bagging and tossing, I surveyed my newly pared-down sock drawer and thrillingly sparse office, and I felt so virtuous. So light and free!

Then my mom's oldest cat, Festes, died. Among the casualties of my purge were boxes of back issues of *Reader's Digest*, where I was once editor in chief. When I hauled them to the recycling center, I wasn't even thinking about the monthly editor's letters I'd written—specifically the one about Festes, a ginger-and-white Maine coon, and my dad, who had walked him every day on a leash. (He didn't want to deprive Festes of our backyard, but he also wanted to protect him from the lurking fox.) We ran a photo of the pair on their constitutional, enjoying the piney air. Festes was a gentle giant, a significant presence with a heart of mush, just like my dad. In the final days of my dad's life, Festes sat sentry, purring for hours on the foot of his bed.

Now my mother, mourning again, asked me for a copy of the column. She wanted to frame it and give it to her vet, who had seen Festes through his own tough stuff at



## SEARCH AND RESCUE

Are you suffering tosser's remorse? Don't panic! Try these sources to reclaim your treasure.

### THE DISCONTINUED LLADRÓ SHEPHERDESS

At replacements.com, you can find not only discontinued china but also collectible items, crystal, and silver, as well as estate jewelry and watches.

### THE NEWSPAPER CLIPPING ABOUT YOUR UNCLE WHO WON THE PIE-EATING CONTEST

Elephind.com archives more than 200 million items from 4,345 newspapers worldwide.

### YOUR EIGHTH-GRADE YEARBOOK

Classmates.com has a collection of more than 400,000 yearbooks, many available online to anyone with a free account, some available to be ordered as a reprint. Or try your luck on eBay; that is, if you don't mind getting one filled with someone else's bubble letters and scribbled proclamations of "LYLAS!!!!"

### THAT RARE BOB DYLAN BOX SET

Eil.com calls itself "the world's biggest online record store," offering new and used hard-to-find vinyl, along with music memorabilia, in excellent or mint condition.

### THE OUT-OF-PRINT COPY OF AUDUBON'S

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the end. I didn't have the heart to tell her it was gone too. I berated myself. Were those magazines hurting anything by sitting in the attic? This is what my husband says when you try to cull his stuff: "There's a reason I kept it in the first place." My worst decluttering fear had come true. I'd tossed something future Liz actually needed.

Thus began a 48-hour quest. I called anyone who might have saved that issue. I sent a frantic group text to my former *Reader's Digest* colleagues. Some of us hadn't seen each other in nine years, but now there was a flurry of communication, as everyone checked their attics and archives—and also checked in with one another about how we were faring in the pandemic. Adrienne was up to her ears quarantining with her 6-year-old, and could have sworn she had a PDF of the page in an old email. Kerrie was sequestered in Florida and the magazines were back in New York; maybe a friend with the key could look for us? Diane, holed up with her school-age daughters, was pretty sure she'd kept a handful of her favorite issues, but didn't have that one after all.

Regret turned to relief when Rebecca (raising a daughter, and still working at *Reader's Digest*) logged into the servers at work and found the page. We text-cheered, we exchanged happy-face emoji. I brought the framed column to Mom that weekend for her 80th birthday.

I shared my self-recrimination with my old colleagues. As the editor of *REAL SIMPLE*, I could never write the truth: If you have doubts about tossing something, don't. But my friends reminded me that there's usually a way to reclaim some version of what you let go. As Kerrie wrote—and these are words I shall happily live by—"If you can't keep the things, keep the friends who keep the things." ■

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/ COOL LETTUCE WRAPS

/ SUMMER NACHOS

# FOOD



## IN SEASON

### Cute as a Button

Tender, mellow pattypan squash is one of those veggies you may admire at the market but ultimately pass on, since you don't quite know how to use it. Well, just think of it as a more adorable version of yellow squash or zucchini.

**SHOP** for firm squash on the petite side, which has fewer seeds. The skin is edible, so make sure it's blemish-free.

**STORE** in a bag in the refrigerator for about three days.

**COOK** quartered or halved on the stove or in the oven. If they're tiny, try grilling or steaming them whole.

—Ananda Eidelstein

## EASY DINNER 1

# Roasted Salmon with Beet Salad

ACTIVE TIME 20 MINUTES  
TOTAL TIME 25 MINUTES SERVES 4

✓ Quick Cooking ✓ Gluten-Free

4 7-oz. skin-on salmon fillets, patted dry  
2 Tbsp. olive oil, divided  
1½ tsp. kosher salt, divided  
1 lemon, halved  
½ cup plain whole-milk Greek yogurt  
1 Tbsp. chopped fresh dill, plus more for serving  
2 8.8-oz. pkg. precooked whole beets, quartered  
¼ cup chopped roasted almonds  
2 oz. baby kale (about 2 cups)

**PREHEAT** oven to 450°F with a rimmed baking sheet on center rack. Drizzle salmon all over with 1 tablespoon oil and season with ½ teaspoon salt. Remove baking sheet from preheated oven. Add lemon halves, cut side down, and salmon, skin side down, to hot baking sheet. Return baking sheet to oven and reduce temperature to 300°F. Roast until salmon flakes easily with a fork, 10 to 14 minutes.

**MEANWHILE**, whisk yogurt, dill, and ½ teaspoon salt in a small bowl until combined.

**TOSS** together beets, almonds, kale, and remaining 1 tablespoon oil and ½ teaspoon salt in a medium bowl. Squeeze 1 charred lemon half over beet mixture; stir to combine. Squeeze remaining charred lemon half over yogurt mixture; stir to combine.

**SERVE** salmon with beet salad and a dollop of yogurt mixture. Sprinkle with chopped dill and several grinds of pepper.

**PER SERVING:** 528 Calories, 28g Fat (6g Saturated), 126mg Cholesterol, 6g Fiber, 48g Protein, 20g Carbs, 982mg Sodium, 3g Sugar



## COOK WITH COZI

Get REAL SIMPLE's easy weeknight-dinner recipes in Cozi, a free meal-planning and organizing app from Meredith Corporation.

Hover your phone's camera over the code to download.



1 lb. linguine  
 4 oz. diced pancetta  
 2 Tbsp. olive oil  
 3 cloves garlic, thinly sliced  
 2 pt. multicolored cherry tomatoes  
 1 tsp. kosher salt, plus more for water  
 1/4 cup grated Parmesan cheese, plus more for serving  
 1 cup loosely packed basil leaves, plus more for serving (from 1 bunch)

**BRING** a large pot of generously salted water to a boil. Cook pasta according to package directions, reserving 1/2 cup pasta water. Drain pasta and return it to pot.

**HEAT** a large skillet over medium. Add pancetta; cook, stirring occasionally, until fat has rendered and pancetta is crispy, 8 to 9 minutes.

**ADD** oil and garlic to skillet; cook over medium, stirring occasionally, until softened slightly and fragrant, about 1 minute. Add tomatoes and salt; increase heat to medium-high and cook, stirring often, until some tomatoes have burst and tomato skins soften, about 4 minutes. Reduce heat to low. Using a wooden spoon, lightly break and mash about a third of tomatoes to release their juices further.

**ADD** tomato mixture, cheese, and 1/4 cup reserved pasta water to pot with pasta. Cook over medium-low, stirring constantly, until sauce clings to noodles, 1 to 2 minutes, adding more pasta water if needed. Remove from heat. Add basil and stir to combine. Serve with more basil and cheese.

**PER SERVING:** 646 Calories, 20g Fat (7g Saturated), 26mg Cholesterol, 6g Fiber, 23g Protein, 93g Carbs, 1,077mg Sodium, 9g Sugar



#### EASY DINNER 2

## Linguine with Cherry Tomato Sauce

ACTIVE TIME 20 MINUTES TOTAL TIME 30 MINUTES SERVES 4

✓ Quick Cooking ✓ Family Friendly

## EASY DINNER 3

## Cool and Crunchy Chicken Lettuce Wraps

ACTIVE TIME 25 MINUTES TOTAL TIME 25 MINUTES SERVES 4

✓ Quick Cooking ✓ Make Ahead ✓ Gluten-Free ✓ Family Friendly

Vegetable or canola oil,  
for grill grates1/4 cup fresh lime juice  
(from 3 limes)

1/4 cup fish sauce

3 cloves garlic, grated (2 tsp.)

2 Tbsp. sambal oelek (ground  
fresh chili paste) or sriracha

1 Tbsp. granulated sugar

2 lb. boneless, skinless  
chicken thighs4 oz. rice vermicelli noodles  
(from an 8.8-oz. pkg.)1 head green leaf lettuce or butter  
lettuce, leaves separatedShaved rainbow carrots  
and cucumber matchsticks,  
for serving

**PREHEAT** grill or a grill pan to medium-high (450°F to 500°F) and lightly oil grates. Bring a large pot of water to a boil on stove.

**WHISK** lime juice, fish sauce, garlic, sambal oelek, sugar, and 1/4 cup water in a small bowl until sugar dissolves. Transfer 1/3 cup sauce to a medium bowl; reserve remaining sauce for serving. Add chicken to medium bowl and stir to coat. Let stand for 5 minutes.

**MEANWHILE**, cook noodles according to package directions. Drain and rinse under cold water; set aside.

**PLACE** marinated chicken on grill grates; discard marinade. Grill chicken, covered, turning occasionally, until lightly charred and cooked through, about 8 minutes. Transfer to a cutting board and chop into bite-size pieces. Serve chicken with lettuce leaves, noodles, reserved sauce for dipping, carrots, and cucumber.

**PER SERVING:** 407 Calories, 13g Fat  
(4g Saturated), 208mg Cholesterol, 1g Fiber,  
44g Protein, 27g Carbs, 1,475mg Sodium,  
5g Sugar (3g Added)



EASY DINNER 4

## Spicy Summer Squash Stir-Fry

ACTIVE TIME 20 MINUTES TOTAL TIME 20 MINUTES SERVES 4

✓ Quick Cooking ✓ Vegetarian ✓ Gluten-Free



1/2 tsp. cornstarch  
2 Tbsp. soy sauce or tamari  
1 Tbsp. unseasoned rice vinegar  
3 Tbsp. canola oil, divided  
1 lb. mixed summer squash, cut into 1/2-in. half-moons  
2 Japanese eggplant, cut into 1/2-in. half-moons (3 cups)  
6 scallions, white parts cut into 2-in. pieces (1/3 cup), greens thinly sliced (1/4 cup)  
1 red jalapeño, thinly sliced  
1/2 cup roasted unsalted peanuts  
3 cloves garlic, minced  
1 tsp. crushed red pepper  
3 cups cooked white rice

**WHISK** cornstarch, soy sauce, vinegar, and 1 Tbsp. water in a bowl until smooth; set aside.

**HEAT** 1 tablespoon oil in a large skillet over medium-high. Add squash; cook, stirring often, until browned, about 4 minutes. Transfer to a large bowl. Add 1 tablespoon oil and eggplant to skillet; cook, stirring often, until lightly browned, 2 to 3 minutes. Transfer to bowl with squash.

**ADD** remaining 1 tablespoon oil, scallion whites, and jalapeño to skillet; cook, stirring often, until charred, about 1 minute. Add peanuts, garlic, and crushed red pepper; cook until garlic is fragrant, about 30 seconds. Return all vegetables to skillet. Add cornstarch mixture; cook, stirring constantly, until sauce thickens slightly and coats vegetables, about 2 minutes. Serve with rice and top with scallion greens.

**PER SERVING:** 452 Calories, 20g Fat (3g Saturated), 0mg Cholesterol, 9g Fiber, 13g Protein, 58g Carbs, 634mg Sodium, 13g Sugar



EASY DINNER 5

## Fajita Steak Salad

ACTIVE TIME 25 MINUTES  
 TOTAL TIME 25 MINUTES SERVES 4

✓ Quick Cooking ✓ Gluten-Free

- 1 2-lb. flank steak
- 2 Tbsp. fajita seasoning
- 1 red onion, sliced into 1/2-in. rounds
- 2 red, orange, or yellow bell peppers, seeds and ribs removed, quartered lengthwise
- 2 Tbsp. olive oil, plus more for grill grates
- 3/4 tsp. kosher salt, divided
- 1/4 cup sour cream
- 3 Tbsp. fresh lime juice (from 2 limes)
- 1 12-oz. pkg. romaine lettuce hearts, chopped (8 cups)
- 1 avocado, sliced

**PREHEAT** grill to medium-high (450°F to 500°F) and lightly oil grates. Season steak with fajita seasoning. Drizzle onion (try not to separate into rings) and bell peppers with oil and season with 1/4 teaspoon salt.

**PLACE** steak on grates on 1 half of grill; place onion and bell peppers on other half. Grill, covered, until steak, onion, and bell peppers are deeply charred, 5 to 6 minutes. Flip steak and vegetables; grill until vegetables are tender and steak is charred and a thermometer inserted in thickest portion registers 135°F for medium-rare, 5 to 6 minutes. Remove from grill and let rest for 5 minutes. Thinly slice steak against the grain, halve bell pepper quarters lengthwise, and separate onion slices into rings.

**WHILE** steak rests, whisk sour cream, lime juice, and remaining 1/2 teaspoon salt in a large bowl. Reserve 1/4 cup dressing for serving. Add romaine to remaining dressing in bowl and toss to combine. Serve dressed romaine with steak, bell peppers, onion, and avocado. Drizzle with remaining dressing, if desired.

**PER SERVING:** 548 Calories, 29g Fat (8g Saturated), 151mg Cholesterol, 6g Fiber, 52g Protein, 18g Carbs, 692mg Sodium, 7g Sugar



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## Summer Nachos

Fresh corn pairs perfectly with zucchini and avocado cream for a crowd-pleasing tray of crispy, cheesy tortilla chips.

BY ANANDA EIDELSTEIN





#### KERNELS OF WISDOM

Here are the facts: Corn is a nutritionally bountiful whole grain, just like oats and barley. It's rich in fiber, which aids digestion; contains B vitamins, for overall well-being; and helps protect your vision, thanks to carotenoids, the pigments that make it a vibrant yellow.

FOOD STYLING BY RISHON HANNERS; PROP STYLING BY CLAIRE SPOLLEN



ACTIVE TIME **20 MINUTES**  
TOTAL TIME **30 MINUTES**  
SERVES **6**

3 Tbsp. olive oil, divided  
3 cups fresh yellow corn (from about 4 ears) or unthawed frozen corn  
1½ tsp. smoked paprika  
1½ tsp. kosher salt, divided  
1 zucchini, chopped (2¼ cups)  
1 12-oz. bag tortilla chips  
6 oz. sharp Cheddar cheese, shredded (1½ cups)  
2 avocados, cut into chunks  
½ cup plain whole-milk yogurt  
4 tsp. fresh lime juice, plus wedges for serving (from 2 limes)  
Shredded red cabbage, sliced scallions, and chopped fresh cilantro leaves, for serving

**PREHEAT** oven to 400°F. Line a rimmed baking sheet with parchment paper. Heat 2 tablespoons oil in a large skillet over medium-high. Add corn, paprika, and ½ teaspoon salt; cook, stirring often, until corn is tender, about 5 minutes. Transfer to a large bowl.

**ADD** remaining 1 tablespoon oil to skillet. Add zucchini and ¼ teaspoon salt; cook, stirring often, until golden and crisp-tender, 4 to 5 minutes. Transfer to bowl with corn and stir.

**SPREAD** half the chips onto prepared baking sheet. Scatter with half the corn-zucchini mixture and sprinkle with half the cheese. Repeat with remaining chips, corn-zucchini mixture, and cheese. Bake until cheese is melted and golden, about 10 minutes.

**MEANWHILE**, blend avocados, yogurt, lime juice, and remaining ¾ teaspoon salt in a blender or food processor until smooth, about 1 minute.

**TOP** nachos with cabbage, scallions, and cilantro. Dollop with some avocado cream. Serve with lime wedges and remaining avocado cream.



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A high-angle, aerial photograph of a beach. The top portion of the image shows a light-colored sandy beach. Below it, numerous waves are crashing onto the shore, creating white foam and spray. The water is a vibrant turquoise color, transitioning to deeper blues further out. The overall scene is dynamic and suggests a sense of natural rhythm and movement.

BREATHE

## TIDAL MEDITATION

Think of your breath cycle as the surf lapping the shore. Let your belly rise and fall with every wave to release tightness, keeping the transitions between breaths soft. If you have tension in your body, imagine how it might be soothed if you were caressed by the sunlight or immersed in the ocean. Think of other sensations you might experience on this beach. How does the air smell? Is there a breeze? Welcome any feelings that surface and release them with every exhale, as simple as the tides.

—From **MyLife**, a personalized  
mindfulness app

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